

A MARTHA STEWART PUBLICATION

whole living

body + soul in balance

HEALTHY (yet decadent) HOLIDAY SIDES

SO RICH,
SO GOOD FOR YOU!

FIND
INSTANT
CALM

10

WAYS
TO FEEL
RELAXED
AND
RESTORED



C'MON,
GET HAPPY!
HOW SCENTS CAN
BOOST WELL-BEING

NOVEMBER 2010
wholeliving.com



BeTRU TO YOU!

You want to make celebrations meaningful, but the holidays would mean so much more if they could unfold without the stress. What do you do to stay stress-free? Do you plan out each detail, and divide everything into manageable tasks, or do you unwind with an extra yoga class?

As your partner in living an honestly sweet® life, Truvia™ natural sweetener asked about how you manage the hectic holiday season. Just remember: take measures to make the holidays less stressful, and you'll enjoy them even more!

Here are your TRU thoughts on the hectic holiday season.

- A. 41%** I make a plan, breaking my holiday to-do list into manageable tasks.
- B. 24%** I reflect on how much I have to be thankful to keep stress at bay.
- C. 18%** I maintain my exercise routine and healthful eating to keep energy high and sanity intact.
- D. 17%** I schedule something I find relaxing, whether it's an extra yoga class or a massage.

Look for our BeTRU quiz on marthastewart.com and share your thoughts about the New Year.

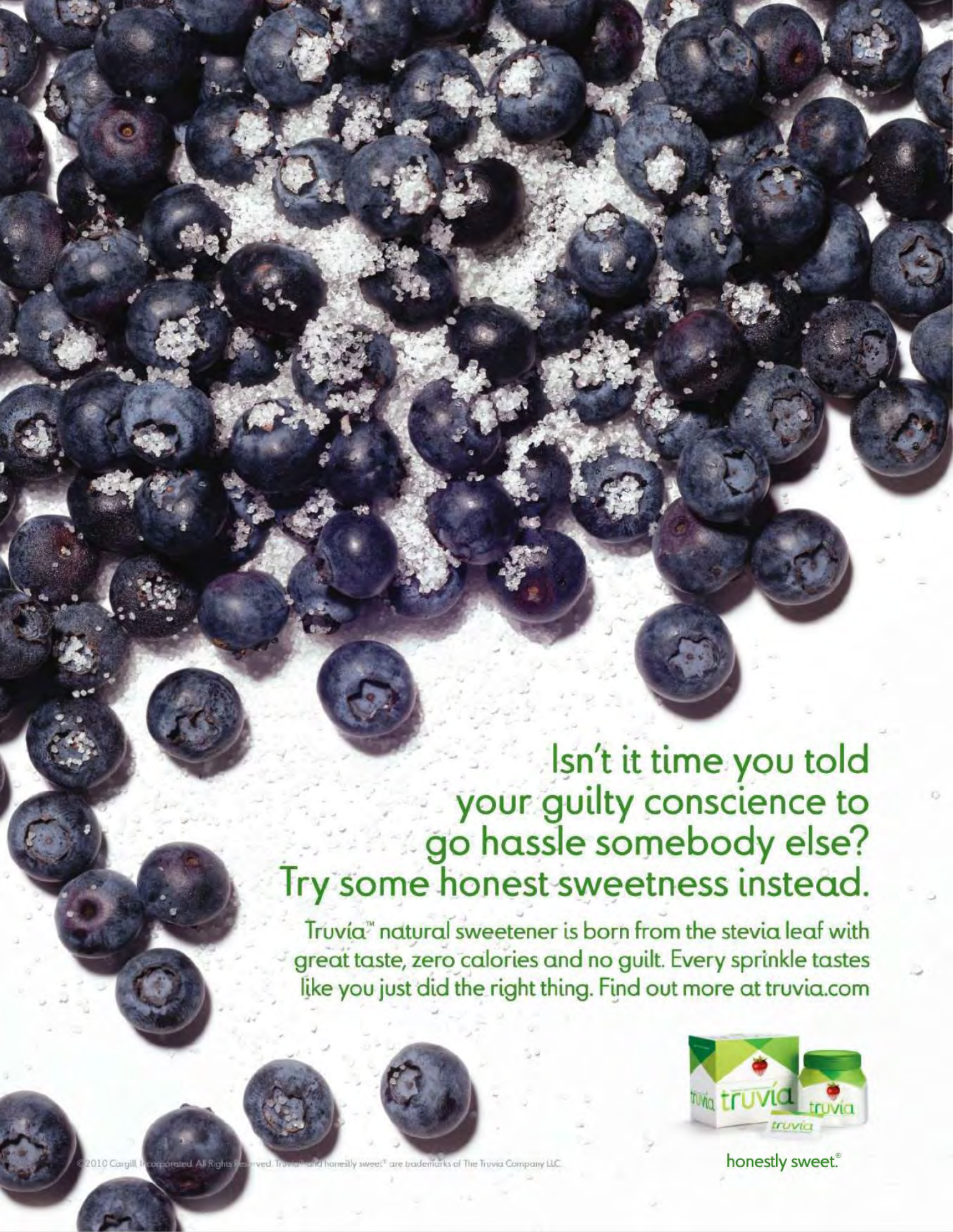


Get holiday tips from Martha Stewart!

Text TRU3 to MARTHA (627842) and receive
a voice message from Martha Stewart.

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your guilty conscience to
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whole life action plan



November 2010

As we return to our cozy, lamp-lit living, wellness takes on a wintry feel. Work your way toward greater balance with daily challenges at wholeliving.com/action-plan

MONDAY

1 CAP IT Roughly 147 million gallons of gasoline vaporize into the air every year due to loose, damaged, or missing gas caps, according to the Society of Automotive Engineers. Make sure yours is screwed on tight. [2 3 4 5]



TUESDAY

16 MOVIE NIGHT

Grab some popcorn and unwind with a classic. When's the last time you saw *Breakfast at Tiffany's*? For more ideas, check out the American Film Institute's list of America's 100 Greatest Movies at afi.com/100years [17 18 19]



WEDNESDAY

10 COMPOST YOUR LEAVES
The EPA estimates that yard waste accounts for 13 percent of our trash. Reduce the amount of plant matter that goes into landfills—visit goodcompost.com [11 12 13 14 15]



SATURDAY

6 MAKE YOUR PALETTE POP
Do you always wear pink lipstick? Rock a red. Only earth-tone sweaters? Try purple. As winter's gray hues begin to set in, bring out color—and your sense of adventure. [7 8 9]



THURSDAY

25 GIVE THANKS

In 1621, Plymouth colonists and Wampanoag Indians celebrated a bountiful harvest with a feast. Steep yourself in gratitude today. [26 27 28 29]



TUESDAY

30 DRINK CHAMOMILE TEA
It contains essential oils and flavonoids, which relax muscles to relieve pain and cramping and promote normal peristalsis (the contractions of your intestinal tract that move food along).





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Drive one.

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AND BEAUTY MAGAZINES AGREE
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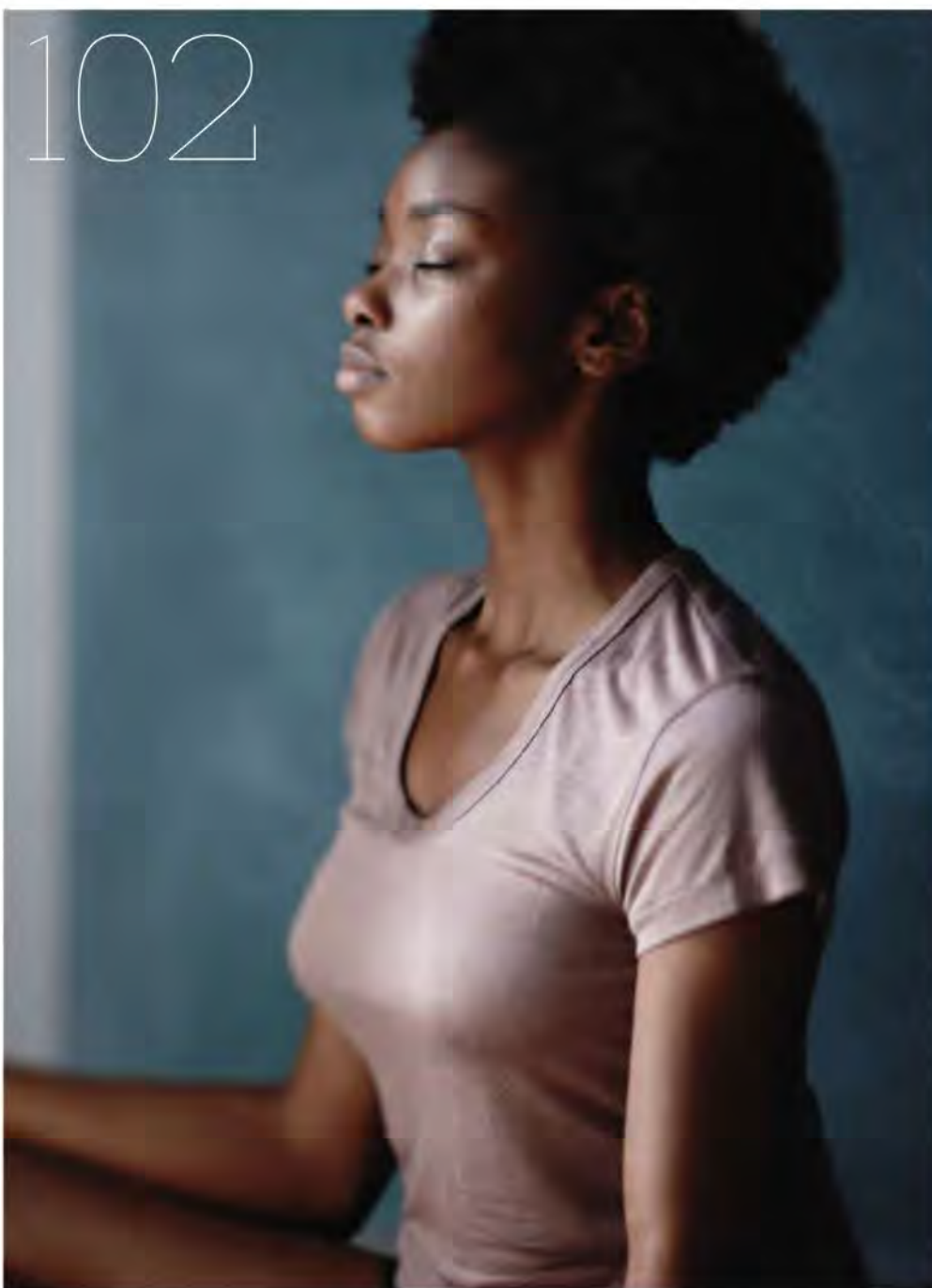


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What could be more simple, or more radical, than coming back to the present moment? Here's why you should consider starting a meditation practice and give peace a chance.

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New science is pointing to how we boost emotional health and brain power while we sleep. Read this, then settle down for a nap.

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How the latest treatments for chronic back pain yield powerful evidence for the link between mind and body.

BY JOSEPH HOOPER

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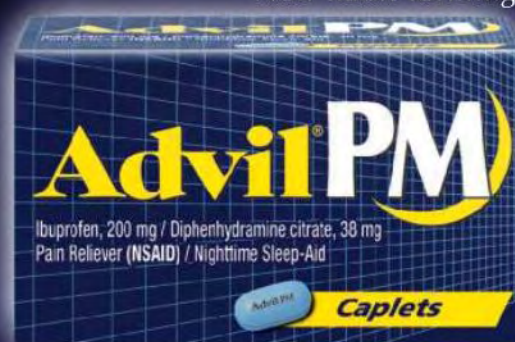
Mallika Chopra on books, Prince, and her favorite place on earth.



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WHAT'S ON THE WEB

100+ Winter Wellness Tips

RAMP UP YOUR IMMUNITY

Calm your cough, soothe your sniffles, and arm yourself against colds and flu with natural remedies. For health tips and healing recipes, visit wholeliving.com/immunity

COOK SOMETHING HEARTY

Try your hand at tasty, nourishing cold-weather dishes like roasted vegetable ragout, sautéed beet greens and pork tenderloin, mixed-mushroom soup, and other one-pot meals. For recipes, go to wholeliving.com/winter-foods

WEATHER-PROOF YOUR SKIN

Prepare for the cold, dry days ahead by giving your skin-care routine a seasonal upgrade. Check out our picks for the best hydrating creams, bath salts, body butters, DIY lip balm, and more at wholeliving.com/winter-beauty



EXPLORE YOUR ROOTS

Get the recipe for Shaved Parsnip Salad (pictured above) and learn how to prepare other healthy root veggies like beets, rutabagas, and turnips at wholeliving.com/root-vegetables



CREATE

Give new life to old things: Browse our archive of recycled craft projects at wholeliving.com/crafts

BAKE

Ward off the chill with something hot from the oven. For healthy versions of your favorite casseroles, breads, desserts, and more, go to wholeliving.com/baked

MIX

Festive drink recipes that blend organic liquors with fresh, wholesome ingredients will fortify your holiday cocktail menu. You'll find our most popular recipes, including Apple-Cinnamon Rum and Pom Sunrise, at wholeliving.com/spirits



WHOLE LIVING DAILY BLOG

ERIC MAISEL, PH.D., ON TAPPING YOUR CREATIVITY

Author, family therapist, and creativity coach Eric Maisel doesn't believe your artistic genius is missing—it's just blocked. For tips on freeing it up and getting inspired, visit wholeliving.com/blog

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openings

COMMUNITY MEMBER: TRACI SCHAUF

A vocal Action Plan participant living in Norman, Oklahoma, Traci, 49, swears by small daily changes.

Her blog, momonvacation.blogspot.com, records her family's efforts to stay healthy, from biking to farmers' marketing. She uses the Action Plan "to connect with people from all over" and challenge herself "physically, mentally, and creatively." The most memorable? "Eat currants. In Norman, we had to try several grocery stores to find them."

To join the club, visit wholeliving.com/action-plan.



SOUL SESSIONS

I AM SO NOT CUT OUT to meditate. I'm fidgety, a compulsive list-maker, and so fearful of finding myself unoccupied that I shove a book in my bag even on ATM runs. In college I spent a semester in India, where I was conscripted into meditation classes. I would spend those dull, endless sessions designing clothes in my head, which I'd later sketch and take down to the tailor *wallah* sitting in front of his sewing machine on the dusty sidewalk. My wardrobe grew by many ill-fitting cotton shirts and suits, while my sense of inner peace dwindled.

Over and over again, however, when *Whole Living* experts offer advice on how to settle the mind, relieve stress, and boost health, meditation comes up. The supporting research is so overwhelming that I wanted to understand just what it would take to give it a shot. And so I asked Amy Gross—one of the most serene people I have ever met and a veteran practitioner of mindfulness meditation—to make a case for it. Her beautifully written essay ("Breathing Lessons," p. 102) is persuasive in so many ways, and though I'm still skeptical I can sit for even 10 minutes, I now know that's no reason not to try (and try again). I'm sold on the idea that tuning into the present moment can short-circuit the sort of anxiety spiral known to hijack an entire day. When we

focus only on what's happening right this second, it "cuts the fuel line to the emotion," Gross writes. "The feelings fade away. Calm returns."

If meditation brings us back to the here and now, nothing lifts us out of the everyday in a more mind-blowing way than a thrilling or revelatory dream. Writer Louisa Kamps explores how dreaming can offer rich clues to our emotional lives ("The Secret Life of Dreams," p. 112). As integrative sleep expert Rubin Naiman, Ph.D., told her, dreams, like cognitive psychotherapy, "are about abstraction, the ability to pan back, get bigger than, stretch into the remembrance of a larger sense of self." Some people might even call that soul. Learning to pay closer attention to our dreams—and fostering an environment that promotes deep, yummy sleep—can help us better understand ourselves.

And, speaking of understanding ourselves, who can help us with that in a more meaningful (or maddening!) way than family? November is Family Stories Month, so we worked with the nonprofit organization StoryCorps on a plan for recording family narratives (see "Capture Stories of a Lifetime," p. 82). How cool to learn about the forces of history that shaped your relatives and the daily minutiae that moved them? Ultimately, it's all a part of your legacy. So this season, with so much going on around you (people to host, feasts to prepare), I hope you'll carve out time for these little acts that help you see the bigger picture. Allow yourself to really feel the contours of your life, and give thanks! It's good for the soul.

Alex

Alexandra Postman, Editor-in-Chief

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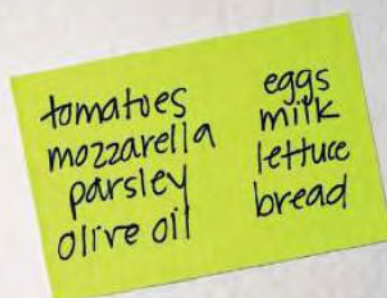
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chat YOU SAID IT

READER TO READER

What lesson did you learn the hard way?

This month's winner

I've always been the rock; people depend on me. And because of that, I've often ended up doing too much for other people, in work and in life, leaving little left over for me—so much so that I made myself sick. I started saying no and expressing my feelings more directly. Contrary to what I expected, I found that speaking up did not make people think less of me—in fact, it taught me how loved I am.

JESSICA W., Austin, TX

Be careful when you hit "send"

When I found out one of my coworkers (I'll call her Sue) was about to be fired, I reflexively wrote my husband an e-mail about it. A little while later, I got a call asking if I had sent an e-mail to Sue about her getting fired. No, I said. But then I checked my out-box and to my horror found that I hadn't written my husband; I'd written Sue. I was mortified. I'll never do that again. Now I save all those conversations for when I'm face to face with my hubby at home.

LAUREN T., Mount Prospect, IL

Mother knows best

I used to be very quick to judge other parents. Then I became one. I now realize there's no right or wrong—there's just your way, and it may be nothing like someone else's. Every child is unique and every parent is different, but the one thing that remains constant is the love between them. Methods may differ greatly, but we're really all trying to do our best.

DANIELLE B., Tujunga, CA



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TWEETED

"Tis the season for Apple Spice Bread! Recipe compliments of @WholeLiving magazine."

—INNERSPAETH

MAILBOX

Well preserved

Your canning story (July/August) helped me pull myself out of an eight-month funk. Last December my grandfather died of lung cancer. He left me all his canning supplies—the jars, the lids, the funnels, the big canning pots. Your article was just the motivation I needed. My husband and I went to the farmers' market and then spent two days making everything you suggested—the tomatoes, the pickles, and some great jam. Thank you for inspiring me to honor my grandfather's memory, meet some local farmers, and spend an absolutely wonderful weekend with my husband!

BEKAH P., e-mail



BLOGGERS WANTED!

Do you want to change your health, your habits, and your body in the new year—and inspire other readers like you? We're looking for women to commit to our Whole Life Action Plan 28-Day Challenge (launching Jan. 1), and to blog about their experience on wholeliving.com. Tell us why you want to do it and why you'd make a great blogger! Send your response (please keep it under 500 words), your photo, and your contact information to us at mail@wholeliving.com



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whole life

FOR THE BIRDS

As temperatures drop, wild food sources for our feathered friends become scarce. Make your home a new pit stop by hanging out some bird feed—or even crumbled rolls and squash seeds left over from Thanksgiving dinner. The feeder here is made from upcycled traffic lights.

\$50; [redyellowandblueink.etsy.com](#) ▶▶

TASTE TEST

TOASTER WAFFLES

Whether you're serving impatient kids or holiday houseguests, frozen waffles are lifesavers for harried mornings. Whole-grain varieties pack more fiber and nutrition—so we tried them all to find the best.



NUTRI-GRAIN BY EGGO \$3 for 10; kelloggs.com for retailers
"I love that these are a healthier take on a childhood favorite."
—ANDRIANA VERDI, editorial assistant



FLAXSEED APPLE CINNAMON BY DE WAFELBAKKERS \$3.25 for 9; dewafelbakkers.com for retailers
"These are naturally sweetened, so you only need a tiny bit of syrup."
—OLESSA PINDAK, deputy editor, health & beauty



MULTI GRAIN BY TRADER JOES \$2 for 8; traderjoes.com for stores
"Crispy outside and soft inside, they have a rich, eggy taste."
—CHARLYNE MATTOX, contributing food editor



8 WHOLE GRAINS BY VAN'S \$3 for 6; vansfoods.com for retailers
"The combination of grains—quinoa, oats, brown rice, and more—gives these a robust, nutty flavor."
—SHIRA BOCAR, deputy food editor



FLAX PLUS BY NATURE'S PATH \$3.50 for 6; naturespath.com for retailers
"You get fiber, protein, and omega-3s, but still a delicious, buttery taste."
—SARAH ENGLER, senior editor



4 QUICK COMPOTE

1. Peel, core, and chop 3 apples.
2. Put in a pot with ½ cup **dried sour cherries**, 1 cup **apple cider**, 2 Tbsp. **lemon juice**, ¼ tsp. ground **cinnamon**, and a pinch of **salt**. Bring to a boil over medium-high heat. **3.** Reduce heat, cover partially, and simmer 20 minutes until softened. Sweeten with **honey** if desired.

HOLIDAY EATING

TALKING TURKEY

Those huge factory-raised birds are often bred for extreme growth and fattened up while confined indoors. Make a healthier, more humane choice this year by buying an antibiotic-free, vegetarian-fed one from a local farm or through marthastewart.com/turkey

WE TRIED IT

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Use the Freezer Compost Bin to store food scraps inside without the stench. The flexible silicone isn't cold on bare hands and easily pops inside out when you're ready to dump the contents in an outdoor compost pile. \$60; fuccillodesign.com for retailers —OLESSA PINDAK



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GREAT IDEA
PACK AND GROW

Here's a clever (and prettier) alternative to tick marks on the door-frame: Natalie Davis's heirloom growth chart. When Davis's sister moved to a new house, she was sad to leave those sweet reminders of her once-tiny kids, so Davis devised a portable measuring system of safety pins and hand-written tags on a jute ribbon. When everyone's grown, roll it up and store it in the keepsake wooden box. \$56; missnatalie.etsy.com



TRENDS WE LIKE
IKEA SEES THE LIGHT

By January all U.S. Ikea stores plan to have replaced their incandescent bulb inventory with energy-efficient compact fluorescents and retro-fit halogens. Other major retailers will follow suit in 2012.



PERFECT GIFT

DAILY DOSE

When Kristin Novak's niece was born with Down's syndrome, Novak was frustrated that she wasn't close enough to offer regular encouragement to her family. So she sent them a year's worth of daily inspirational quote scrolls. It bridged the gap and gave her a business idea. Her boxes of quotes, in themes like motherhood and success, start at \$29 at beeinspired.com

10

percent

of energy costs can be saved by lowering your thermostat 10 degrees at night. Trap the sun's heat during the day by opening south-side curtains and closing them after dark.

SOURCE: U.S. Department of Energy



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HOLIDAY TRAVEL

PLEASANT JOURNEY

You're hungry and your feet are sore, but you're terrified you'll miss your once-canceled, twice-delayed flight if you stop for a snack—and the gate is standing room only. Happy Thanksgiving! These travel companions will smooth any bumps in the road.

—SARAH ENGLER

LAYOVER TOOLKIT

1 COMFY COAT

Tucks into itself to become a travel pillow. Charade, \$129; merrell.com

2 PALM-SIZE HELP DESK

Track flights, get departure updates, and (worst case) find nearby hotels. Flight Status App, \$5; itunes.apple.com

3 STRESS ERASER

Contains flower essences to ease anxiety. Bach Rescue Remedy, \$10; amazon.com

4 BPA-FREE BRILLIANCE

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5 CALMING SNACKS

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6 SUITCASE YOU CAN SIT ON

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THE READ THAT FEEDS

Dark Nights of the Soul

Michael Cunningham's finely wrought portrait of a man at midlife's way station.



IN HIS LATEST NOVEL, *By Nightfall* (Farrar, Straus and Giroux), Michael Cunningham does again what he did so memorably in *The Hours*, his Pulitzer Prize-winning reimagining of Virginia Woolf's *Mrs. Dalloway*. Here too his lyricism elevates the daily and domestic to the visionary, and gives us the reward of traveling with a deeply

investigated consciousness as it weighs danger against security. The consciousness here belongs to Peter Harris, and the story centers on him and his wife, Rebecca. A happy couple in their mid-forties, they've built themselves comfortable lives in New York City's SoHo. When the novel opens, we find Peter and Rebecca on their way to a party, reveling quietly in the intimacy afforded by long association. "The point of the party is having gone to the party," Cunningham writes. "The reward is going to dinner afterward, the two of them, and then home again."

Into this calm strides Rebecca's brother Ethan—otherwise known as Mizzy, or "the mistake," the result of a surprise pregnancy. He's a beautiful 23-year-old with a talent for seduction and a weakness for drugs, who shows up at the Harrises' hoping they can find him a job. He doesn't earn gainful employment, but he does manage to exert a planetary pull on Peter, who, waking up to his own mortality and that

of the ones he loves, finds himself fixating on the youth and brash confidence of this self-destructive boy. What will Mizzy's beauty exact from him? Cunningham's prose is similarly seductive: He knows how to create drama and summon the erotic from a chain of small, painstakingly drawn moments—a finger on a jawline, an overheard conversation. And he deserves praise for a sympathetic, hopeful portrait of contemporary marriage that neither hymns its safeties nor damns its constraints. —CARLENE BAUER

Cultivating Passions

How-to guides for a life more beautiful



If your iPod has gone fallow, pick up Alex Ross's *Listen to This* (Farrar, Straus and Giroux) and you'll hear Mozart, Radiohead, and other greats in an entirely new way. Only Ross, music critic for *The New Yorker*, could make a suspenseful story of how an ancient Spanish dance made both Bach and Led Zeppelin slaves to the bass and give us a passionate, unpretentious education in the ways music stirs our hearts and minds.



The Curious Gardener (Bloomsbury), by *Independent* gardening columnist Anna Pavord, will make doers out of dreamers. Pavord offers advice on what and how to plant, along with meditations on the pleasures of growing. Her crisp but lush prose turns the guide into spiritual exercises for those who find working with their hands a dependable way to calm the heart. —CB



ONLINE

See more of this year's editors' picks at wholeliving.com/book-reviews



PLAYLIST REFRESHER

Download these if you love ... Donovan.

BELLE & SEBASTIAN, *WRITE ABOUT LOVE* (OCTOBER, MATADOR RECORDS)

The prolific Glaswegians are back with their eighth studio album, which is filled with more of their upbeat yet dreamy instrumentation, quirky lyrics, and lovely boy-girl vocals.

FRAN HEALY, *WRECKORDER* (OCTOBER, MATADOR)

On his first solo album, the Travis front man delivers more of his good-guy pop rock, sonic poetry, and gorgeous vocals—complete with the Scottish twang reminiscent of Donovan himself—along with a Neko Case duet and a song that features none other than Paul McCartney on bass.

JOSHUA RADIN, *THE ROCK AND THE TIDE* (OCTOBER, MOM + POP MUSIC)

The third studio album from the singer-songwriter offers up folk-tinged rock songs, rich lyrical imagery, and warm plaintive vocals that recall the more pensive troubadours of decades past like Nick Drake. —LIZA GHORBANI



QUEUE THIS UP

GAME FACE

Why *Friday Night Lights*' Tami Taylor has single-handedly restored our faith in TV (and in happy marriage).

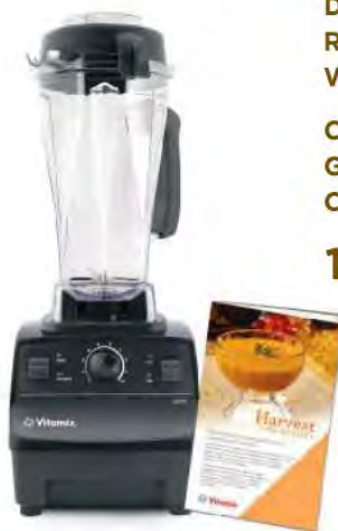
Who would expect a show about high school football to offer up the most compelling and complex portraits of women on television this side of *Mad Men*? NBC's *Friday Night Lights*, which enters its fifth and last season this fall on DirecTV (you can catch up on past seasons on ABC Family), revolves around two fictional teams in the small town of Dillon, Texas. But it's Connie Britton as coach Eric Taylor's passionate and headstrong wife, Tami, who frequently steals the show. She's a high school principal who often finds herself trying to do the right thing when her town—and sometimes her husband—would rather she do the convenient thing instead. Watching her and Kyle Chandler's Eric as they try to square their hopes and dreams, and to support each other when those dreams seem to be crumbling, is to watch a woman redefine what it means to stand by her man. "From the beginning, Kyle and I wanted to create a marriage that had a real sense of foundation and mutual respect," Britton says. "I didn't want this character to be the old ball and chain." The result is that she's made committed marriage seem like the sexiest deal going. "I've had people come up to me and tell me that the show made them want to be a better husband or a better wife," she says. "I'm incredibly honored when I hear that." For all of the above, Britton's got our vote as prime time's most valuable player. —CB

photograph courtesy of NBC Universal

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THE SHAPE

A "cocoon" sweater is loose in the arms but tailored around the hips to flatter every shape without looking sloppy.

BETTER SWEATERS

Cozy doesn't have to mean dumpy (read: that lump of a hoodie you've been hiding in since college). And sweater styles for the office have come a long way from the staid twinset. Check out our favorite ways to ward off the chill with elegance.

BY SABINE FEUILLOLEY

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FLEECE-LINED FLAIR

Aviator zip cardigan by Eddie Bauer, \$99; eddiebauer.com. With: Thin ribbed long sleeve by Petit Bateau (in lait), \$69; petit-bateau.us

HIPPER WITH ZIPPERS

Reagan cashmere sweater by J.Crew, \$198; jcrew.com

COZY COWL NECK

Seamless short-sleeve "poncho" by Madeleine Thompson (in olive), \$316; gallerieaspen.com



SKIP THE DRY CLEANER

Your wool sweater may say "dry-clean only," but most cleaners still use the toxic solvent perchloroethylene. Green-living expert Annie B. Bond suggests this method instead: Swirl in cool water with a mild laundry detergent. (You can spot-clean stains with vinegar or lemon juice.) Then press—never twist—the water out and lay flat to dry.

AN UPGRADED HOODIE

ⓔ LP-90 cable zip sweater by Leroy & Perry (in sandstone), \$395; barneys.com. With: Cotton Modal scoopneck (in white) by L.L.Bean Signature, \$25; lbean.com

LONG AND LEAN

Knit sweater by Merona for Target (in red), \$25; target.com

ⓔ = eco-friendly

INSTEAD OF A TWINSET To look sleek and chic instead of buttoned-up and boxy, try lighter-weight cardigans with long silhouettes, cropped sleeves, and belts or ties. Wear them over shirts with contrasting textures and necklines.

ELBOW ROOM

Elongated cardigan with elbow sleeves by Eileen Fisher (in auburn), \$378; eileenfisher.com. With: Silk trim henley by Banana Republic, \$50; bananarepublic.com



LAYERED WRAP

● Pure silk/cotton/cashmere vest by hessnatur by Eviana Hartman, \$118; hessnatur.com. With: Cashmere lurex turtleneck pullover by Shanghai Tang, \$445; 212-888-0111

BELT IT UP

Elbow sleeve cable cardigan by White + Warren, \$250; Mitchell's, 203-227-5165. With: Seam scoop T (in off-white) by Fluxus, \$64; fluxusbrand.com. Wide leather belt (similar to shown) by Banana Republic, \$49; bananarepublic.com

EQUESTRIAN ELEGANCE

Long-sleeve cardigan by Lauren by Ralph Lauren, \$100; With: button-down shirt by Ralph Lauren, \$59; Both at: ralphlauren.com

NEW TAKE ON A CAPE

● Clara Wrap Vest by Stewart + Brown, \$398; stewartbrown.com. With: Fully Fashioned cashmere sweater by KristenseN du Nord, \$649; at Fred Segal Trend (310-394-7535)



INTRODUCE
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REGAINING AN APPETITE FOR LIFE

When Susan Cabana lost her husband and her job, she discovered her real purpose: healing herself and others through nutrition and exercise. **BY JENNIFER TUNG**

ON THE NIGHT OF November 10, 2004, Susan Cabana and her husband, Chris, put their daughters (ages 5, 3, and 1) to bed, then hit the sack themselves. “Rachel was teething, so the last words Chris said to me were, ‘I’ve got her tonight,’” Cabana recalls. Hours later, she heard him get up and then Rachel calling for her. “I saw him lying in front of her, and I knew he was gone,” she says. “His heart just stopped. There was no explanation.”

Cabana met her husband in college; they both worked in finance in Boston and were married a month shy of 10 years. “After his death, I was just a shell,” she says. “I was in shock.” She began to process her grief through exercise, which also made her rethink her diet.

VITAL STATISTICS

Name Susan Cabana

Age 42

Hometown Winchester, MA

What she does Runs Nourish Your Soul (nourishyoursoul.com), which provides health consulting through nutrition and yoga instruction

Favorite part of the day “When I’m not yet fully awake. Listening to my inner voice helps guide me.”

Most essential pantry items Raw honey and Himalayan pink rock salt

As a newly single mom with a demanding job, she’d typically served and eaten “whatever was fastest and easiest: pasta with jarred sauce, mac and cheese, chicken fingers, peanut butter on white bread, take-out. Nothing whole or natural.” She cut out refined sugars, white flour, and highly processed foods, but still felt a void. “I was physically there for the kids—preparing meals and getting them to school—but I wasn’t there emotionally,” she says. “I didn’t want them to lose their mother too.”

Early 2009 delivered another blow: She was laid off from her job of 18 years. “I went right back to the place where I lost Chris and felt everything was out of my control,” she says. This time, rather than retreat into depression, she upped her new yoga habit to five times a week. “I was sitting on my mat one day when my teacher said, ‘Yoga opens you up to unlimited possibilities.’ I felt as if she was talking directly to me.”

Cabana also took courses in integrative nutrition. She wanted to help others heal after devastating tragedy the way she had—breath by breath, bite by nourishing bite. A year ago, her health-counseling business, Nourish Your Soul, was born. Cabana’s philosophy is simple: The quality of food we eat gives us positive energy, and exercise distributes that energy. Making thoughtful choices every day about what we put into our bodies leads to presence of mind and joy.

His *spirit* keeps me going.

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HEALTHY AT HOME

1 Cabana and her daughters, Emma, Rachel, and Sarah, and the family's Maltese, Maggie.

2 All three girls play soccer, dance, and practice yoga with their mom.

3 Tree pose helps Cabana (who was recently certified to teach yoga) feel calm and grounded.

Cabana attracted her first clients, mostly working moms, with cooking demos and workshops in her home. She typically sees them every two weeks for three to six months, exploring how foods make them feel physically and emotionally. Then she plans their menus, helps them shop, and, if they're seeking greater clarity in their lives, suggests daily meditation. "They might lose the 10 pounds they were hoping to, but they end up achieving so much more than that," she says. "They gain energy and balance."

Her girls, now 11, 9, and 7, "juice" with Mom most mornings. (Cabana advocates eating some raw food daily because it's packed with live enzymes.) She calls their tasty blend "green lemonade": a head of romaine lettuce, two apples, and a lemon (peeled to reduce bitterness).

But the newest development in their household has nothing to do with business. Cabana is pregnant, due in late December. Dad is a recent boyfriend, who remains very close. "A new life is a beautiful gift after such a devastating loss," she says. "And I'm having a boy, which is just so cool."



CABANA'S TOP SUPERFOODS

>> "My favorite leafy green is kale. It has calcium and is loaded with vitamin A and fiber. You get the benefits whether you juice it, steam it, or eat it raw."

>> "Good fats are important. I like avocados best. They're easy to add to almost anything—even smoothies—and have a high fiber content."

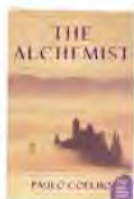
>> "Walnuts contain more omega-3s than any other nut. They're also a really great source of antioxidants."

SUSTAINING—AND SUSTAINABLE

A few of Cabana's favorite things



MARTHA STEWART CLEAN "I've switched to green cleaners. I love having a house that's clean and chemical-free." \$4 to \$8; homedepot.com



THE ALCHEMIST "This book by Paulo Coelho is for anyone on a personal journey. It's about listening to your heart." \$15; amazon.com



JADE HARMONY YOGA MATS "Yoga helps me focus on the present. I like these natural rubber mats." From \$50; amazon.com

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whole health

THE POWER OF LUCKY CHARMS

Score one for the superstitious. According to data from the University of Cologne in Germany, that lucky rabbit's foot serves a real purpose: Positive superstitions can enhance performance. Participants who were issued a lucky ball, allowed to use a personal amulet, or wished good luck before a game or a task performed better than those who weren't prompted to consider the idea of good fortune. Superstition boosts confidence, say the authors, which encourages people to set high goals and persevere, two qualities that have been linked with success.

HERB 1-2-3

A Fire Cider Tonic

Fend off viruses with zesty herbal vinegar. Try a tablespoon as needed when you're feeling unwell; drizzle on veggies for an immune boost.



STEP 1 Prep ingredients: ½ cup chopped **ginseng root***, fresh or dried, ¼ cup grated **ginger root**, ¼ cup grated **horseradish root**, and ⅛ cup chopped **garlic**.



STEP 2 Add **cayenne** to taste. Pour in enough **apple cider vinegar** to cover the herbs by an inch or two, then seal tightly. Let sit for four weeks.



STEP 3 Strain the herbs from the vinegar. Sweeten with **honey** to taste.

*Find organic ginseng at online stores like mountainroseherbs.com



BURN, BABY, BURN

Experts have long known that capsaicin—the compound that gives chile peppers their kick—promotes weight loss, but they haven't understood how. Now research shows that the substance triggers changes in proteins that help fight fat accumulation. "Add dried or fresh peppers to lunch and dinner," says registered dietitian Manuel Villacorta, of the American Dietetic Association. The hotter the chile, the more capsaicin, so "start mild with ancho chili powder and move your way up to jalapeños, then habaneros." Want to work the magic on your holiday fare? Villacorta suggests baking an apple with chili powder and cinnamon; mixing a fruit salad with pineapple, chili powder, and lime juice; or adding chiles to hummus. But peppers alone, no matter how strong, can't keep weight under control, he stresses. "You still have to eat healthy and be active." —CARLENE BAUER

INTEGRATIONS



**Q&A WITH
WOODSON
MERRELL, M.D.**
of the Department of
Integrative Medicine
at Beth Israel Medical Center

Q Can I use pretax dollars for complementary medicine?

A Yes. Tax-free spending accounts, such as flexible health-care spending accounts (FSAs), are extremely valuable for reducing personal health-care

costs. In addition to the out-of-pocket expenses you'll incur for conventional care, such as insurance deductibles, licensed therapies may be eligible, including psychotherapy, acupuncture, chiropractic, and registered dietitians' visits.

Other therapies, like Reiki, may also be eligible. The less conventional, the more likely you will need a doctor's note documenting medical necessity. Some therapies or treatments, such as supplements, weight-loss programs, or gym memberships, must relate to a diagnosed condition. Remedies for

common problems like headaches, IBS, chronic pain, and insomnia may qualify. If your doctor has recommended them in the past, ask to get the recommendation—and the diagnosis—in writing. In 2011 you will also need a note for some OTC expenses, such as homeopathic remedies.

Never used an FSA? If your employer offers this elective benefit, you typically enroll in the fall. If not, you may be eligible for a health-savings account (learn more at wholeliving.com/hsa). Consult your doctor—and your accountant—and plan ahead to save money.

*As much protein as an egg,
now found in a bowl.*

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HEAL THYSELF

Three Ways to Treat High Blood Pressure

You thought high blood pressure was for stressed-out stockbrokers, yet your levels have inched up. What to do? Even if you haven't been diagnosed with hypertension (above 140/90 mm Hg), don't ignore a slight elevation: high blood pressure often has no symptoms, but left untreated it can lead to serious heart conditions. Cleveland Clinic experts offer these tips on lowering blood pressure naturally. —MICHELLE HERRERA MULLIGAN

WHAT'S CAUSING YOUR HYPERTENSION?

Diet

A REGISTERED DIETITIAN'S TAKE

High blood pressure has become synonymous with the salt shaker, but processed food accounts for 80 to 85 percent of sodium consumption. Daily intake should not exceed 2,300 mg, and most Americans should aim for below 1,500 mg. On food packaging, look for hidden salt in ingredients such as monosodium glutamate (often just called glutamate) and baking soda. —KRISTIN KIRKPATRICK, M.S., R.D.

Rx

+ Eat a whole-foods-based diet. Developed by the National Heart, Blood, and Lung Institute, the low-salt, nutrient-rich DASH diet (wholeliving.com/dash) was shown to reduce blood pressure in as little as two weeks. Take a couple of hours on Sunday to cook a few nourishing meals for the week.

Exercise

AN EXERCISE PHYSIOLOGIST'S TAKE

Exercise dilates blood vessels—so much so that just 30 minutes of activity will lower your blood pressure for 24 hours. And the time logged can be cumulative. According to the American Heart Association, 10-minute spurts of activity that add up to 30 to 60 minutes per day can be just as effective as 30 or 60 minutes at a time. —HEATHER NETTLE, M.A.

Rx

+ Workouts promote weight loss, a powerful weapon against hypertension. Keep the intensity moderate: If you can talk but not sing while exercising, you're at the right pace. If you have diagnosed pressure problems, ask your M.D. how to monitor exertion: Medication might skew your heart-rate reading.

Stress

AN INTEGRATIVE HEALTH PRACTITIONER'S TAKE

Everyday stress, such as a spat with your spouse, can spike your heart rate. But when chronic stress goes unchecked, especially when it leads to anxiety, hypertension may develop. If you've been diagnosed, take the chance to do a whole-life check, evaluating everything from your breathing habits to the way you sleep. (Conditions such as sleep apnea can also contribute.) —TANYA EDWARDS, M.D.

Rx

+ The important thing is to manage stress in whatever way you feel comfortable, whether it's meditation, biofeedback, or a progressive relaxation technique. Studies show that all these methods lower numbers.



FITNESS FIX

THE MOTOR CROSS

Driving can mean freedom—or frustration. If you feel road rage approaching, try this move to help put your focus back where it belongs. It will release your shoulders and neck, and remind you to go with the flow—in traffic and in life. Pull over, then cross your arms and hold the wheel. Round your back into the seat so your shoulder blades move apart, lower your shoulders away from your ears, and drop your chin slightly. Hold for 10 breaths, gently tilt your head to one side for a few more inhales, then switch sides. —SADIE NARDINI

120
80
mm Hg

Or lower: the optimal blood pressure reading. Most adults can decrease their numbers with simple lifestyle changes and/or medication.



GRACE NOTE

The Happiness Rx

4 Evidence-Based Ways to Stay Positive and Enjoy the Ride

Can money, as the song goes, change everything? A new study from the University of Liège in Belgium shows that it can at least impair our ability to appreciate

PUT PEOPLE FIRST

Changes in the quality of relationships affect happiness more than changes in income, studies suggest.

than those who weren't moneyed. And when exposed to a picture of a pile of cash, both groups spent less time savoring that chocolate. Authors think that continuous exposure to things like expensive restaurants makes it hard to see the pleasure of sunsets and family dinners. How can we work to cultivate a taste for the small stuff?

Get engaged. Find an absorbing, challenging pastime that allows you to feel some mastery. That can be anything from participating in stimulating conversation to rock climbing.

the simple things. When participants were given a piece of chocolate, wealthy folks reported more difficulty savoring—the ability to prolong a positive mood—

Research shows that achieving this state—called flow by psychologist Mihaly Csikszentmihalyi—will allow you to function at your fullest and lead to more positive feelings about yourself and life in general.

Do good. Studies show that those who volunteer report better mental health than those who don't. Volunteering can increase a sense of capability in the world.

Buy experiences, not things. Data suggests that in some ways money can buy happiness—when you splurge on a vacation, say, rather than shoes. The thinking: Experiences lead to lasting memories, which can result in satisfaction, meaning, and a solid sense of self. Other studies suggest that spending on leisure is smart because activities generate social connections, and strong connections contribute to happiness.

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smart foods

ALL IN A DAY'S MENU

Good food can do great things. These days, researchers are uncovering a wealth of information about smart foods that can make a difference in your overall health. Looking for a few simple ways to incorporate these power-packed ingredients into your mealtime menu? Look no further.

SMART FOODS FOR MORNING, NOON AND NIGHT

Breakfast

Start your morning off right with a bowl of whole grain oatmeal. Bursting with fiber, a daily dose may help promote a healthy heart. And since whole grains contain a high amount of fiber and complex carbohydrates, you can stay full and focused all through the morning.



Lunch

Salad for lunch? Pass on the lettuce and opt for spinach instead. Rich in antioxidants and vitamins, these leafy greens can support a healthy immune system. Spinach can also be substituted with collard greens or Swiss chard, which are also chock-full of vitamins.

Dinner

A hearty dinner can be healthy, too, when it's full of Omega-3 fatty acids. Start with salmon, a source of protein with Omega-3's, to help improve memory. Then round out the meal with the whole grain goodness of brown rice.



SMART INGREDIENTS FOR YOUR FOUR-LEGGED FAMILY MEMBERS

Good food can do great things for your pet, too. Like build strong muscles, help support a healthy heart and promote digestion. Pet food researchers are doing their work too. They've discovered key ingredient combinations that help support your pet's whole body health. And it all starts with optimal nutrition that can make a smart difference in the life of your pet—at every meal.

Help your cat look and feel her best by choosing a pet food that contains:

1. Real salmon or chicken as the #1 ingredient to provide amino acids, the essential building blocks of life
2. A specific combination of wholesome grains that work together to optimize your pet's energy
3. Key antioxidants to help support your pet's immune system



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- **Real chicken or salmon as the #1 ingredient**
- **Antioxidants to help support immune health**
- **Wholesome grains for energy**

*Compared to previous Purina ONE® Salmon & Tuna Flavor and Chicken & Rice Formula.



Vision Quest

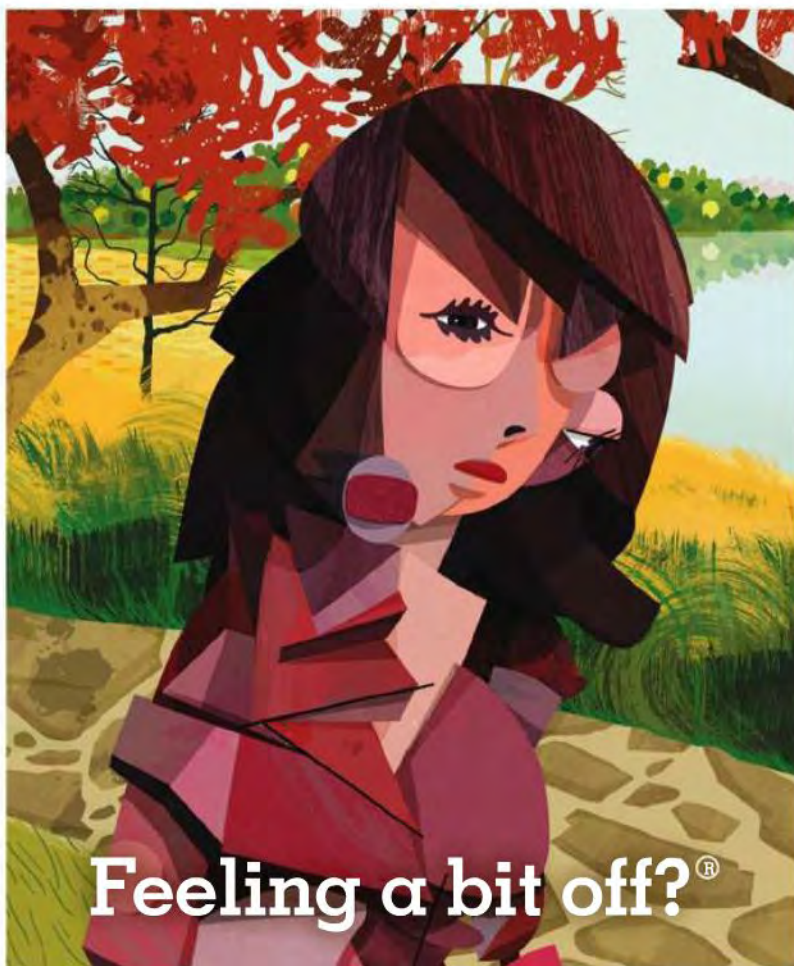
Nearsightedness is on the rise, partly because we're squinting at our computers instead of scanning the horizon. Here's how to see clearly now. **BY JESSICA CERRETANI**

"STOP THAT before you go blind," my mother would warn, having once again busted me, awake after bedtime. At age 10, my sins typically involved reading a Judy Blume novel by flashlight, under the covers to avoid detection. I'd consider my mother's threat briefly, then return to my vice as soon as she left. *Tiger Eyes* always trumped tired eyes—until, decades later, I needed glasses. And now a large study published recently in the *Archives of Ophthalmology* shows that nearsightedness, or trouble seeing objects at a distance, rose by 66 percent over a 30-year period—an increase that seems to dovetail with our growing engagement in "near work," like reading and using computers, smart phones, e-book readers, and other electronic devices. I have to wonder: *Was Mom right all along?*

She may indeed have been onto something. Nearsightedness is one of several types of refractive

errors, which are changes in the shape of the eye that commonly cause blurry vision. While the recent study didn't look at the reasons nearsightedness is on the rise, near work may be partly responsible. "Although nearsightedness, or myopia, is not completely understood, it may be related to changes in the focusing process as the gaze moves between near and distant objects," explains lead researcher Susan Vitale, Ph.D. Imperfect focus leads to blurred images, she says, which trigger the release of chemicals that may lengthen the eyeball. Recent studies suggest that the result of doing more near work—spending less time outdoors focusing on objects in the distance—may contribute to the problem.

What is clear: The risk factors for myopia are complex, and researchers are working to understand the causes, develop treatments, and identify the biological evolution of the condition. While worsening eyesight is frustrating, it's usually correctable. By midlife, most of us have already compensated for refractive errors with glasses, contact lenses, or LASIK surgery. And even though we can't prevent refractive errors, we can help protect against the more serious sight-stealing conditions that become more common as we age, such as



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whole health EYE REPORT

macular degeneration (loss of central vision), glaucoma (damage to the optic nerve), cataracts (clouding of the lens), as well as uncomfortable problems like dry, tired, or itchy eyes. Stay on top of your eye health and you should be able to see clearly for years. In fact, says Rachel Bishop, M.D., an ophthalmologist at the National Eye Institute in Bethesda, Maryland, "there's plenty you can do to retain good vision throughout your life."

EAT WELL

"The same healthy diet that's good for your heart, brain, and the rest of your body is also good for your eyes," Bishop explains. Several studies have shown that people who eat foods rich in vitamins C and E, lutein, and zeaxanthin, all antioxidants, are less likely to develop macular degeneration (MD) and cataracts. In particular, dark leafy greens, corn, tomatoes, and broccoli are great sources of these compounds. "In general, if it comes from the garden and is brightly colored, it's good for eye health," says Paul Dickinson, M.D., an assistant professor of ophthalmology at Wake Forest University in Winston-Salem, North Carolina. (While Mom's advice to eat carrots for good vision isn't completely off base, the beta-carotene they contain hasn't been found to be as protective as these other antioxidants.) Get eight servings of produce a day, and ask your doctor if you need to supplement with any daily vitamins. Although higher amounts of supplemental antioxidants have been found to slow the progression of MD in people who already have the disease, there's no need for the rest of us to take special antioxidant eye supplements.

Research also suggests that the heart-healthy omega-3 fatty acids found in fish like salmon, sardines, and mackerel may help protect against MD too. Eating two or more servings a week is associated with the lowest risk. And there's sound evidence that cutting back on sugar may benefit vision, as well as blood sugar and weight. Studies show

that people who eat fewer simple sugars and refined carbohydrates and more complex carbs have a reduced risk of developing MD. Simple switches like eating whole-grain instead of white bread can help cut your sugar intake and may protect vision.

STAY HEALTHY

Your risk for developing MD, cataracts, and glaucoma may increase with age and conditions like high blood pressure or cholesterol, diabetes, and obesity. Preventing these problems can also help keep your eyes healthy. First, don't smoke. Not only does smoking harm the heart and lungs, but recent research also shows that people who smoke have *triple* the risk of MD and are also more likely to develop cataracts, possibly because of nicotine's effects on blood vessels in the eye.

And while there's no good evidence that so-called eye exercises can help benefit most vision problems, good old-fashioned, whole-body exercise does show promise. The same aerobic activities that strengthen your cardiovascular system (such as walking and running) have been shown to help protect against MD, in part because they help deliver oxygen to the eyes. Aim to move for at least an hour a day on most days.

GET CHECKED

Symptoms like blurry vision and headaches can alert you that it's time for a new eye prescription. But diseases like MD and glaucoma often aren't noticeable until they've already damaged vision. That's why it's crucial to have your eyes checked at age 40 and regularly thereafter based on your doctor's advice, especially if you have a family history of either condition. A complete eye exam includes a variety of tests to assess the ability of your eyes to focus, detect signs of infection, and check for glaucoma. Ask your eye doctor for a comprehensive glaucoma evaluation too, including an eye pressure check and a dilated eye exam.

PREVENT INFECTIONS

Contact lens safety is critical for good vision. "When patients come to me with eye infections or ulcers, nine times out of 10 they're contact users," Dickinson says. Contacts can slightly alter the surface of the eye and increase the risk for infection, which can lead to vision loss. Clean your contacts, wash your hands thoroughly before touching them, and never sleep in them. You can also prevent infections by avoiding eye rubbing, sharing eye makeup, or using contaminated applicators. See your doctor immediately if you develop symptoms like redness, pain, watery eyes, or blurry vision.

PROTECT YOURSELF

Sun damage is cumulative, and sunlight can harm your eyes and raise the risk of MD and cataracts all year round. "Shop for sunglasses the way you would sunscreen," Bishop says. "Look for glasses that block both UVA and UVB rays." Wear goggles or safety glasses when playing contact sports, working in the yard, or doing home repairs; protective eyewear can prevent 90 percent of eye injuries. +



ONLINE

For a video about how eyes age—and the latest in corrective contact lenses—go to wholeliving.com/contact-lenses

DOCTOR, MY EYES

Here's how to cope with common eye health issues. If symptoms persist, consult your doctor.

TIRED EYES

Sore, bloodshot eyes are usually the result of overwork.

» **Minimize eyestrain** during near work by using good lighting and enlarging typeface. Because we tend to blink less when working close up, use natural tear drops *before* a long session.

» **Take a break.** Bishop follows the 20/20/20 rule to rest eyes and prevent or treat tiredness when doing near work: Every 20 minutes stare about 20 feet away for 20 seconds.

ITCHY EYES

Many confuse scratchy, dry eyes with itchy eyes. An itch is usually due to allergies to pollen, dust mites, or pet dander. Resist the urge to rub, which leads to more inflammation. Instead:

» **Reduce exposure** to dust mites and other allergens by vacuuming, washing bedding regularly, and using mattress and pillow covers.

» **Apply cool compresses** to closed eyes a few times a day.

» **Use over-the-counter allergy drops** (such as Alaway and Zaditor), which block the release of the itch-inducing chemical histamine and its effects.

DRY EYES

Dry, scratchy, burning eyes are more common in women and may be due to hormonal changes that can be caused by perimenopause.

» **Check your meds.** Dry eyes can be a side effect of some drugs used to treat common conditions such as high blood pressure, pain, and allergies.

» **Ask your eye doctor** about special contacts for

dry eyes or switching to glasses more often. Contact lenses can be drying.

» **Eat well, and consider supplements.** Data suggests people who consume more of the omega-3 fatty acids found in fish and nuts are less likely to experience dryness. Bishop recommends supplements of fish or flax oil that contain 350 mg of docosahexaenoic acid (DHA) and 650 mg of eicosapentaenoic acid (EPA) daily.

» **Try over-the-counter natural tears** (lubricating eye drops), drink plenty of water, and use a humidifier to keep air moist.

» **If dry eyes persist,** discuss lacrimal plugs with your doctor. These safe, drug-free silicone plugs block tears from draining fully so eyes stay moist.

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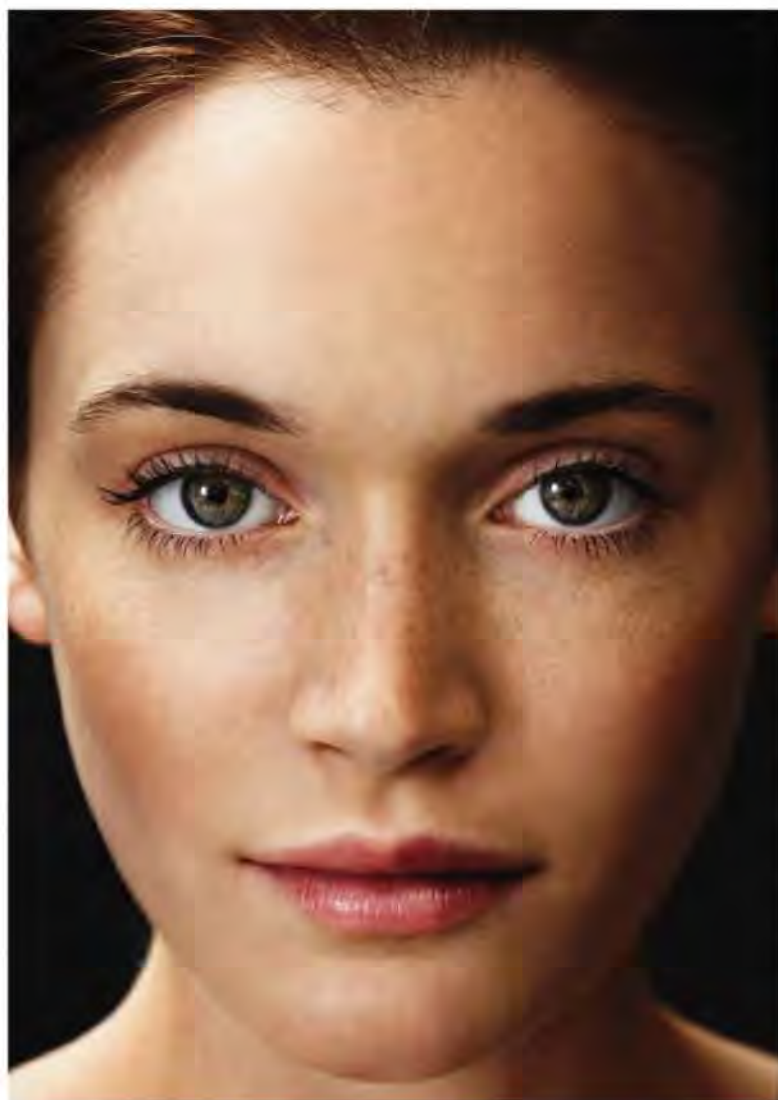
whole beauty

WASH, REPEAT

Your bathroom trash can is overflowing with tissues, cotton balls, makeup rounds, and swabs. But what if you could throw that stuff in the washing machine instead of the garbage? Now you can, with washable tools that you use once and toss into the laundry basket. (We haven't worked up the nerve to try the toilet paper.) ▶▶



Better For Grownups Sateen Tissues and Cotton Rounds (\$35 and \$25; betterforgrownups.com), and EcoTools Bamboo Applicators and EcoFoam Cleansing Sponges (\$4 and \$3; parispresents.com).



Light Up Your Face

Think you've sworn off foundation? These new natural formulas may change your mind.

BY OLESSA PINDAK

Foundation is meant to protect us against the elements and even out skin tone. But too often its goopiness leaves us more flawed than when we started. That's changing with new formulas that have lighter textures and pigments to blend naturally with skin, making foundation friendlier for people who are looking to enhance, not conceal. "For a perfect finish, use it only where you see redness—around the nose, chin, or cheeks—and blend well," says Karim Orange, makeup artist and founder of the Better Organic Choice in New York City.



**HOT
INGREDIENT**

KAKADU PLUM

Native to northern Australia, the kakadu plum has almost 60 times the concentration of vitamin C, a powerful antioxidant, found in oranges.

Pictured here: Plantogen Skin Brightening Gentle Microdermabrasion Scrub, \$33; plantogen.com. Lavanila Laboratories The Healthy Body Butter, \$25; sephora.com. Kakadoodle Dew Illuminating Eye Serum, \$30; 4kakadu.com. Kevin Murphy Hydrate-Me Wash, \$28; kevinmurphy.com.



A FIELD GUIDE TO FOUNDATIONS

Searching for the right formula can leave you feeling like Goldilocks—this one's too thick, too shiny, too matte. Below, find your perfect match.

WEIGHTLESS

Lancôme Teint Miracle Foundation in Bisque 2 has a natural feel. \$37; lancomeusa.com



HYDRATION-RICH TINT

freshMinerals Tinted Moisturizer SPF 20 in Ivory and Sand is a lighter take on foundation, with vitamins C and E to further protect skin against sun damage. \$25 each; freshmineralsusa.com



COVERING

Maybelline Dream Smooth Mousse in Natural Beige is creamy. \$10; drugstore.com



CALMING MINERAL BLEND

Jane Iredale Dream Tint Moisture Tint in Medium and Dark is a mineral blend with titanium dioxide for SPF 15 and algae extract to reduce irritation. \$36 each; shop.janeiredale.com





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A



B



C



D

If you're noticing blemishes for the first time in years, join the club. According to a new study from the American Academy of Dermatology, the most common form of acne is adult acne. To treat it, take an inside-out approach, then tackle it with care.

1 PAY ATTENTION TO YOUR

PLATE Food allergies can sometimes show up as acne. If you're breaking out every time you eat a specific food, there may be a link. Also, according to a new study from the AAD, dairy may aggravate acne. "It's not clear if it's the hormones that are fed to the cows or something else," says Loretta Ciraldo, M.D., a dermatologist in Miami. "But I suggest that patients limit their dairy intake, or at least stick to hormone-free milk and cheese."

2 NOTICE WHEN YOU BREAK

OUT If food isn't a trigger, consider what's going on in your life when flare-ups occur. They might be related to hormones or anxiety. "I believe that acne is very often a stress-related problem," Ciraldo says. "Some get headaches or stomach trouble, and others break out." If there's a pattern, try stress-reducing techniques.

3 LOOK FOR EFFECTIVE, NATURAL ACTIVE INGREDIENTS

To treat the blemishes that have already erupted, look for ingredients like natural acids and tea tree oil. Salicylic or glycolic acid works by unclogging the pore, while tea tree has anti-inflammatory and antibacterial properties.

4 STICK TO A ROUTINE

Cleanse and moisturize daily with products that treat the cause of blemishes (clogged pores). To keep dead skin from building up on the surface, try a gentle exfoliator once or twice a week.

Pictured left

A Origins Zero Oil Deep Pore Cleanser, \$19; origins.com

B Burt's Bees Natural Acne Solutions Daily Moisturizing Lotion, \$18; burtsbees.com

C Alba Botanica Natural AcneDote Invisible Treatment Gel, \$10; albabotanica.com

D Derma E Very Clear Cleansing Scrub, \$14; dermae.net



Q

MYTH BUSTER

+

DOES CROSSING YOUR LEGS GIVE YOU SPIDER VEINS?

A

No. A spider vein is a broken capillary, less than 2 mm in diameter, located just below the surface of the skin. By age 50, half of all women have them. Spider veins are largely hereditary; if they afflict the females in your family, be on the lookout for early signs like tiny blue, red, or purple dilated capillaries, says Luis Navarro, M.D., founder and medical director of the Vein Treatment Center in New York City. While there's nothing you can do to avoid them if they're your genetic destiny, you can slow their development. Pregnancy, birth control pills, and hormone replacement therapies can be triggers, but so can lack of exercise, prolonged sitting or standing, and obesity.



PREP THE HAIR

Work a mousse into hair to give it texture. Back-comb hair slightly at the crown.



MAKE A PONYTAIL

Gather hair loosely into a ponytail with an elastic. Begin twisting hair clockwise gently.



SECURE WITH PINS

Tuck the end of the ponytail under the elastic. Use bobby pins to keep it in place.

BASIC SKILLS

A BETTER BUN

This style is a classic for one reason—it's incredibly versatile. Wiggle the bun so it loosens and pull out a few wisps of hair to frame your face for an easy daytime look. Add a light styling gel and a jeweled bobby pin for a polished version that's perfect for evening. Here's how to do it step-by-step, according to Pam Nigro, stylist and owner of Pamela's Eco Studio in San Diego.



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Natural Hair Boosters

When thinning hair strikes, something else may be out of whack. Listen to your body, so you can get back to bouncing and behaving.

BY LAMBETH HOCHWALD

AS HER MARRIAGE began to unravel, Julie Gabriel, 35, was shocked to see tufts of hair falling out after each shampoo. She's not alone—in fact, at least half the women in the U.S. will experience some form of hair loss by the time they're 50, according to the American Academy of Dermatology. It wasn't until Gabriel started a relaxation regimen that she saw improvement. "After a month, my stress levels came down and my hair loss finally stopped," she says.

No matter the reason, anyone who's lost precious strands knows how upsetting it can be to discover a brush full of hair. "Silky locks are associated with beauty and femininity," says Elizabeth Trattner, an integrative medicine practitioner in Miami. "It's traumatic to notice thinning." Getting to the root of hair loss can take some detective work, but here's the bottom line: It's not just a beauty issue.

THE CULPRIT: STRESS

Hair loss from so-called delayed stress happens months after a traumatic event like major surgery, a physical illness, the death of a loved one, or divorce. "That sort of stress shocks a large percentage of hair follicles into the resting phase, meaning they stop producing," says David Bank, M.D., a dermatologist in Mount Kisco, New York. "You don't get hair loss at that moment. It's when hair goes from sleeping back into the growing phase, when you're feeling better, that the new hair comes up and pushes old hair out."

What you can do Hair loss due to acute stress is almost completely reversible. "Each hair you see in the drain is being replaced by a new one," Bank says. "It's a one-for-one swap." If you're experiencing ongoing extreme stress, it may help your hair if you add yoga, mindfulness meditation, or other relaxation techniques to your daily routine.

THE CULPRIT: DIET

If you deprive yourself of vitamins and nutrients, especially the B vitamins and iron, your hair will suffer. "When you're eating a lousy diet with too much fat, you'll get cholesterol



plaque deposits and thinning of the blood vessels that feed the hair follicles," Bank explains. "You're impeding the ability of the hair to get the maximal oxygen and nutrients it needs."

What you can do Eat a healthy, balanced diet rich in the B vitamins biotin and folate (folic acid). They're found in a variety of foods: leafy green vegetables like spinach, oranges, rice, beans, peas, carrots, cauliflower, soybeans, bran, nuts, and eggs. If you're still seeing loss, ask your doctor to check your levels at your next checkup. It may be wise to take a daily B vitamin complex that includes 200 micrograms of folic acid and 2.5 mg or 2,500 mcg of biotin.

THE CULPRIT: HORMONES AND AGING

Wonky hormones are one of the biggest reasons women lose hair. The sources include pregnancy, birth control pills, hormone therapy, and thyroid hormones. "If a woman comes in complaining of increased hair loss, we'll take a medical history," Bank says. "If she just had a baby and she's shedding, it's



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whole beauty REPORT

not usually necessary to dig deeper." If you're not postpartum, expect to have a full blood panel workup done, which includes a look at your thyroid levels, estrogen, progesterone, and other hormones, including testosterone, cortisol, and DHEA (dehydroepiandrosterone), a hormone secreted by the adrenal glands. If, on the other hand, you come from a long line of thin-haired relatives, there's a possibility you will have thinning locks too. As you age, each hair strand gets smaller in diameter, affecting the overall volume. "It's programmed into our DNA that as we get older, a percentage of our hair follicles will shrink and either make smaller, thinner hairs at a slower rate or stop making hairs altogether."

What you can do If your hair loss is hormonal, it will grow back. "Hormonal shifts aren't destroying or damaging your hair follicles," Bank says. "The hormones have signaled the follicles to shrink or go to sleep. Your body will shift back to normal once hormone levels stabilize [about three to six months]."

FEEDING YOUR HUNGRY HAIR

Once you've found the reason for your hair loss, there are things you can do to make your locks a little more lustrous

while you await regrowth. For starters, make sure your diet is rich in protein, which builds keratin, the hair's outermost layer. Opt for regular servings of fish, lean meats, cheese, eggs, spinach, and soy. To build collagen, a protein critical for hair growth, make sure you're getting enough vitamin C. "This will help keep your hair from splitting and breaking," Trattner says. Topical scalp treatments that contain essential oils like chamomile and lavender nourish the skin of the scalp and help prompt hair growth. Weekly scalp massages (at a salon or even in your shower) can also relieve stress and stimulate sebaceous glands.

To keep your hair at its fullest, find a soft, natural style that frames the face, says Younghee Kim, owner of Younghee Salon in New York City. Layered, tousled looks will give your hair an extra boost. "Treat your locks gently, especially if they're feeling fragile," says Philip Kingsley, founder of the Philip Kingsley Trichological Center in New York City. As hair declines in volume, women often want to resuscitate it with a lot of blow-drying and brushing, but that can be damaging to fragile strands. "Hair is organic," Kim says, "and should be treated with care."



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1 Carol's Daughter Lisa's Hair Elixir is good for massage. \$20; carolsdaughter.com

2 Jane Carter Solution Scalp Renew has a blend of oils and vitamins to perk hair up. \$20; janecartersolution.com

3 Ojon Restorative Hair Treatment is applied to dry hair for 20 minutes or can be left on overnight. The natural oils nourish compromised strands. \$55; sephora.com

4 Phyto PhytoLium 4 Energizing Botanical Concentrate contains 12 vials of a concentrated dose of oils. \$60; phyto-usa.com

5 EO Pre-Shampoo Treatment is left on for 20 minutes. \$10; eoproducts.com

6 Aubrey Organics Primrose and Lavender Scalp-Soothing Shampoo helps to calm irritated, stressed, or sensitive scalps. \$14; aubrey-organics.com

7 Aveda Volumizing Tonic is spritzed on damp locks, at the roots. \$14; aveda.com

8 Paul Mitchell Tea Tree Lemon Sage Thickening Spray helps style hair and give it extra volume. \$13; paulmitchell.com



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move

STAY STRONG

Ward off winter colds and boost your immunity with detoxifying stretches.

BY KATE HANLEY

YOUR IMMUNE SYSTEM is a bit like a super-highway—a network of channels and nodes that delivers immune cells and removes pathogens via a clear liquid known as lymphatic fluid. The key to keeping it free of blockages? You need to move, says Katy Bowman, a biomechanical scientist and the director of the Restorative Exercise Institute in Ventura, California. “The heart pumps the blood, but the lymphatic system doesn’t have a mechanism like that to keep it circulating—it depends on skeletal-muscle contractions,” she explains. “If your muscles are tight or you’re mostly sedentary, the lymph nodes accumulate waste and decrease your ability to fight illness.”

Stretching and walking stimulate the flow of lymph and thus your immune system, Bowman says. Think of it as traffic management—clearing any bottlenecks so your body can flush out invaders and help you stay sniffle-free this winter.



DEFENSIVE STRETCHING

Bowman recommends this routine for optimal lymphatic functioning. Do it before and/or after a 45-minute walk most days of the week. If it's too chilly outside and you can't swing a walk, the stretches alone will stimulate your defenses. They target the areas with the highest concentrations of lymph nodes, as well as the intercostal muscles (between the ribs) to help you breathe better. If you feel a sore throat or cold coming on, go ahead with the stretches but lower the intensity of the walk.



HEAD HANG

WHAT IT DOES Moves lymph through the throat and neck and soothes sore throat muscles.

HOW TO DO IT Standing or sitting with chest lifted and shoulders moving down, allow the head to drop forward. Relax and hold for 30 seconds.



TORSO STRETCH

WHAT IT DOES Opens lymph sites in the chest, lungs, armpits, and neck and stretches the muscles used to cough.

HOW TO DO IT Place hands on the back of a chair and walk back until arms and spine are fully extended. Keep legs straight and tailbone slightly lifted as you sink spine toward the floor and allow your head to relax; hold for 1 minute.



V-SHAPED LEGS UP THE WALL

WHAT IT DOES Opens the hips and encourages better lymph flow through the large nodes in the groin.

HOW TO DO IT Lie on the floor with sit bones against the wall. Reach legs up the wall and allow legs to drop open as far as you can while keeping them straight. Rest here for 1 to 2 minutes.



CRESCENT STRETCH

WHAT IT DOES Opens and strengthens the muscles between the ribs.

HOW TO DO IT Lying on your back, interlace fingers and reach arms overhead until wrists touch the ground. Keeping feet and hands on the floor, walk arms and legs to the right as far as possible. Cross left ankle over right to increase the stretch. Breathe into left side of rib cage to stretch the "coughing muscles"; hold for 1 minute. Repeat on the other side.



ACTIVE BREATHING

WHAT IT DOES Strengthens the muscles between the ribs, resulting in more efficient breathing and more productive coughs.

HOW TO DO IT Tie a resistance band or pair of tights around your torso just beneath your breasts (where your bra strap sits). Stand up tall and breathe deeply so that your rib cage expands into the band; take 10 to 15 breaths.



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*Kris-Etherton, et al.; *Am J Clin Nutr* 2000;71(suppl):179S-88S.

move BOOST IMMUNITY



FLOOR ANGEL

WHAT IT DOES Opens the armpits and chest, encouraging the flow of lymph.

HOW TO DO IT Place a stack of pillows or folded blankets on the floor and rest head, neck, and shoulder blades on them. Reach arms out to the sides until hands touch the floor. Sweep arms up overhead and back down for 1 minute, as if you were making a snow angel. Try to keep your hands in contact with the floor.



LEG SWING

WHAT IT DOES Pumps lymph through lower half of the body.

HOW TO DO IT With hands on hips, stand on one leg and swing the other leg forward and back, mimicking a vigorous stride while maintaining balance. Be sure not to compress the lower spine; minimize movement at the low back by not leaning forward. Do 20 swings with each leg.



WALKING TIP

To encourage the flow of lymph, swing your out-stretched arms and lengthen your strides behind you, Bowman says.

CROSS-COUNTRY ARMS

WHAT IT DOES Stimulates lymph flow through the armpits, chest, and lungs.

HOW TO DO IT Stand with feet hip-width apart, arms straight by your sides. Swing one arm forward and the other arm back for 1 to 2 minutes, lifting the back arm without pushing your rib cage forward.



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2 SPIBELT Holds keys and electronics in a neon pouch. \$20; spibelt.com

3 NIKE TECH TIGHTS Bonded seams for reduced chafing, with long, reflective strips. \$65; nike.com

4 BROOKS NIGHTLIFE SOCKS Brightly colored for high visibility. \$10; brooksrunning.com



TIP

Think you need less water if you sweat less? Not so, says ultramarathoner Dean Karnazes. Hydrate in winter as you would in hot weather.



SLOPPY-WEATHER WORKOUT

5 WATERPROOF EARBUDS Pyle Marine Sport, \$25 (similar to shown); amazon.com

6 LOKI WOMEN'S TAK SHELL Built-in mitts and a face shield with reflective details. \$189; lokigear.com

7 THE NORTH FACE POWER STRETCH GLOVES Wind resistant and moisture wicking. \$30; thenorthface.com

8 FALKE ESS TOP The wool blend allows for breathable thermal insulation. \$90; Paragon Sports, 800-961-3030

9 SALOMON XA PRO 3D ULTRA GTX Waterproof with rugged trail soles and a mud guard. \$140; salomon.com

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nourish

WHAT DO I DO WITH ... **CAULIFLOWER**

TEXT BY LESLEY PORCELLI RECIPES BY CHARLYNE MATTOX
PHOTOGRAPHY BY RAYMOND HOM

LEAFY GREENS get so much good press that it's easy to let cauliflower lurk in the shadows, shielded by its own leaves. (That's why it's so pale.) But this liltingly sweet cruciferous vegetable is no shrinking violet. Like its close cousins broccoli and kale, cauliflower boasts plenty of antioxidant, cancer-fighting, and heart-healthy properties. Plus, it's chock-full of folate—crucial for women of child-bearing age—and luteins, which encourage eye and artery health and supple skin. With recipes this simple and delicious, we think you'll agree: Cauliflower deserves its moment in the sun.

ROASTED CAULIFLOWER

SERVES 4   

Preheat oven to 450°. Cut 1 head **cauliflower** cross-wise into ½-inch-thick slices. Arrange on a rimmed baking sheet, drizzle with 2 Tbsp. **extra-virgin olive oil**, and season with **kosher salt** and **ground pepper**. Roast until golden brown on top, about 15 minutes. Flip and continue cooking until tender, about 10 minutes more. Serve immediately.

PER SERVING: 98 calories; 1g saturated fat; 6g unsaturated fat; 0 mg cholesterol; 11g carb; 320 mg sodium; 5g protein; 5g fiber

SHARP AND SAVORY (SHOWN ON PREVIOUS PAGE)

PAPRIKA, CHOPPED PARSLEY LEAVES, AND SHERRY VINEGAR

Follow instructions above, adding paprika along with the salt and pepper. Top finished cauliflower with chopped parsley leaves and sherry vinegar to taste.

TRY THESE OTHER FLAVORS



INDIAN-INSPIRED CURRY POWDER, FRESH LEMON JUICE, AND CILANTRO LEAVES

Follow instructions above, adding curry powder along with the salt and pepper. Top finished cauliflower with fresh lemon juice and cilantro leaves.



SALTY AND CRUNCHY CAPERS AND FINE BREADCRUMBS

Follow instructions above, adding capers and breadcrumbs tossed with extra-virgin olive oil after flipping cauliflower.



HOT AND SWEET CAYENNE PEPPER, TOASTED PINE NUTS, AND FRESH LIME JUICE

Follow instructions above, adding cayenne pepper along with the salt and pepper. Top finished cauliflower with toasted pine nuts and fresh lime juice.

DRESS IT





CAULIFLOWER SALAD


SERVES 4   

1. In a small pot combine ¼ cup **currants**, ¼ cup **red wine vinegar**, and a pinch of **sugar**. Bring to a simmer, then remove from heat. Cool to room temperature and whisk in 3 Tbsp. **extra-virgin olive oil**; season with **kosher salt** and **ground pepper**. 2. Meanwhile, steam medium florets from 1 head **cauliflower** until crisp-tender, about 10 minutes. In a large bowl, combine cauliflower, ½ thinly sliced small **red onion**, 1 cup thinly sliced **celery**, ¼ cup chopped fresh **parsley**, and currant mixture. Season with salt and pepper and toss to combine.

PER SERVING: 182 calories; 2g saturated fat; 9g unsaturated fat; 0 mg cholesterol; 20g carb; 483 mg sodium; 6g protein; 7g fiber

 **vegetarian** no meat products

 **vegan** no animal derivatives

 **special diet** no dairy, wheat, soy, fish, shellfish, eggs, peanuts, or tree nuts

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nourish WHAT DO I DO WITH ...



TOSS IT IN PASTA

SPAGHETTI WITH SARDINES, CAULIFLOWER, AND KALE SERVES 4

1. Heat 1 Tbsp. **extra-virgin olive oil** in a large skillet over medium-high heat. Add 2 halved and thinly sliced **onions**; season with **kosher salt** and **ground pepper**. Cook, stirring, until golden, about 18 minutes. (Reduce heat if onions become too dark.) 2. Meanwhile, bring a large pot of salted water to a boil. Add florets from 1 head **cauliflower**, ½ tsp. **red pepper flakes**, and cook for 4 minutes. Using a slotted spoon, transfer cauliflower to pan with onions. Cook, stirring, until cauliflower is tender, about 4 minutes. Add torn bite-size pieces from 1 bunch **kale** to cauliflower. Cook, stirring, until kale is tender, about 4 minutes. 3. Meanwhile, add 8 oz. **whole-wheat spaghetti** to boiling water; cook according to package instructions. Drain pasta, reserving 1 cup water; add to pan with cauliflower. Add just enough pasta water to create a sauce that coats the pasta. Remove from heat; stir in ½ tin **sardines**, broken into pieces, 1 Tbsp. **lemon juice**, and 2 more Tbsp. oil. Season with salt and pepper. Serve immediately.

PER SERVING: 428 calories; 2 g saturated fat; 11 g unsaturated fat; 21 mg cholesterol; 65 g carb; 289 mg sodium; 20 g protein; 16 g fiber

CREAMY CAULIFLOWER SOUP

SERVES 4 

1. Preheat oven to 450°. In a medium pot combine 2½ cups low-sodium **chicken broth** and florets from 1 head **cauliflower**; season with **kosher salt** and **ground pepper**. Bring to a boil, then reduce to a simmer. Cover and cook until cauliflower is very tender, about 20 minutes. Working in batches, purée cauliflower until smooth (thin it with broth, if necessary).
2. Meanwhile, on a small baking sheet toss 8 small **cauliflower leaves** (or 2 large leaves, coarsely chopped) with ¼ tsp. **extra-virgin olive oil**; season with salt and pepper. Roast until brown and tender, about 10 minutes. Serve as garnish on soup.

PER SERVING: 80 calories; 0 g saturated fat; 1 g unsaturated fat; 0 mg cholesterol; 12 g carb; 435 mg sodium; 8 g protein; 5 g fiber

PURÉE IT



QUICK TIP

When shopping for cauliflower, sniff—there should be no trace of that sulfuric, overcooked-cabbage smell. Heads should be heavy and tight. Store your cauliflower in the crisper in a plastic bag for up to a week.

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Spice It Up

Once you've stocked your cupboard with these versatile seasonings, you'll be convinced: Variety really is the spice of life. **BY MARISA ROBERTSON-TEXTOR**

BLACK PEPPER

The world's most popular spice is so ubiquitous that its health value is often overlooked. (Capsaicin, the alkaloid that gives pepper its bite, stimulates digestion, circulation, and perspiration.) It's also a cooling agent. For a refreshing drink, try an Indian-style glass of sweetened lime juice and soda garnished with pepper.

RED PEPPER FLAKES

Put on the table in lieu of black pepper in Hungary, Turkey, and the Middle East, red pepper flakes add a welcome kick to almost any dish. They're also an excellent source of vitamins A and C, capable of preventing ulcers and treating diarrhea.

CINNAMON

Most cinnamon on the market today is actually cassia, the dried bark of a tropical laurel tree. (The real stuff is lighter in color and sweeter in flavor.) Cinnamon oil is a powerful antiseptic, and the spice is believed to help regulate blood sugar and cholesterol. Toss a stick into beef stew, or use as a stirrer for coffee, chai tea, or hot cocoa.

NUTMEG

Once used to fight the spread of bubonic plague, nutmeg improves digestion and, when applied topically, soothes joint and muscle pain. Its woody flavor is most familiar from holiday classics like apple pie, but this delicate spice adds an intriguing note to savory comfort food, too. Dust it over roast lamb, macaroni and cheese, or creamed spinach.

BAY LEAF

This venerable spice, a distant relative of cinnamon and avocado, is an unsung hero of the modern kitchen. Its aromatic, slightly astringent flavor is essential to countless stocks, soups, sauces, and marinades. For a sweet adventure, add a leaf to rice pudding, poached pears, or stewed apricots. (As with savory dishes, fish out leaves before serving.)

QUICK TIP

Choose small quantities of whole spices over big jars of powders, which lose their flavor quickly. Mark the month and year of purchase on the container; toss after two years.

CUMIN

Used as a medicine in ancient Egypt, cumin is still extolled for its health benefits: It's believed to stimulate the pancreatic enzymes responsible for digestion and the liver enzymes that handle detoxification. Incorporate cumin into black beans, or make a simple spice butter to serve with corn on the cob.

CURRY POWDER

This spice blend contains nutritional heavy hitters like fenugreek, which relieves everything from bronchitis to menstrual cramps, and turmeric, whose potent antioxidants help prevent cell damage. Add a dash to potato soup, or whip together with mayonnaise for a tasty egg salad.

PAPRIKA

Ground from dried peppers, paprika can be smoky, fruity, or bitter. Applied topically, the capsaicin in peppers has been known to relieve headaches, psoriasis, and shingles. Pair smoked paprika with parsnips and butternut squash, or sprinkle Spanish *pimentón dulce* on your morning eggs.



WIN A SPICE PANTRY MAKEOVER!

How old is that cinnamon? Where's the tarragon? And who used up the black peppercorns? No worries: Frontier Natural Products Co-op and Simply Organic have teamed up with *Whole Living* to give five readers a spice cabinet overhaul, with a grand prize worth \$330. For a chance to win, visit wholeliving.com/spice-giveaway



nourish

Eat Up to Fight Aging

The science supporting anti-inflammatory foods is moving fast. Has your diet kept up? **BY STACY COLINO**

IT'S BEEN 10 YEARS since dermatologist Nicholas Perricone's *The Wrinkle Cure* first popularized the fight against chronic inflammation, a potentially dangerous condition that occurs when the body produces too many self-healing chemicals. Yet there's still more emerging science behind the nutritional choices that can help regulate our immune systems. A growing number of foods have been shown to combat inflammation, which interferes with healthy tissue repair and triggers genetic changes that can lead to cancer, heart problems, diabetes, depression, and other types of life-threatening diseases, says David Katz, M.D., of the Yale-Griffin Prevention Research Center.

Reversing the condition requires a lifelong approach, according to Andrew Weil, M.D.; the key, he says, is "selecting delicious foods based on the scientific knowledge of how they can help your body reduce harmful inflammation." Regular physical activity, stress management, and good sleep can help, he adds, "but a healthy diet is still the single best way to influence the inflammatory response and optimize health."

While you probably know that the Mediterranean diet (rich in fruits, veggies, legumes, nuts, olive oil, and fish) is lauded as a weapon in the fight against inflammation, the latest research points to some new superfoods to add to your arsenal.

ALREADY EATING KALE AND SPINACH? TRY: SWISS CHARD These leafy greens, as well as turnip and collard greens, are good sources of vitamins A and C, folic acid, and flavonoids, all of which have powerful antioxidant and anti-inflammatory properties that work to reduce the amounts of free radicals

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in the body, says Christine Gerbstadt, M.D., R.D., of the American Dietetic Association. This is important because a high level of free radicals indicates oxidative stress, which leads to the production of chemicals that create inflammation within the cells. "Free radicals only exist for a fraction of a second and therefore do very little direct damage to cells," Perricone explains, "but they initiate an inflammatory cascade, which can continue for hours or even days and results in most of the cellular damage that leads to aging and age-related diseases." Rotate different cooked greens as side dishes at dinner, and choose varieties of leafy greens for salads.

ALREADY EATING OATMEAL? TRY: QUINOA

These whole grains, as well as brown rice, bulgur, barley, millet, and wheat berries, "may enhance health by lowering levels of CRP [C-reactive protein, a marker of inflammation], stabilizing blood sugar, and providing needed antioxidants," Weil says. In fact, new research from the Eunice Kennedy Shriver National Institute of Child Health and Human Development found that premenopausal women who consumed more than one serving of whole grains per day had 12 percent lower concentrations of CRP than women who consumed none. Incorporate whole grains into pilafs, casseroles, or stir-fries, soups, salads, or baked goods.

ALREADY EATING BLUEBERRIES? TRY: CITRUS FRUITS, RASPBERRIES, AND CHERRIES

Oranges and grapefruits are rich in flavonoids and carotenoids, which encourage antioxidant and anti-inflammatory activity. A recent study from the State University of New York at Buffalo suggests that it may be a good idea to pour some juice. When subjects drank orange juice after eating a fatty, high-carb meal, they didn't experience the oxidative and inflammatory stress these foods usually trigger. Berries contain anthocyanins and anthocyanidins, health-promoting plant pigments, or phytonutrients, that have strong antioxidant and anti-inflammatory properties. The same goes for tart cherries: In fact, consuming them daily for 90 days reduces both systemic and local inflammation in rats, according to research from the University of Michigan. "Anthocyanins can also activate the expression of genes

that can turn on the natural protective mechanisms of our cells," Perricone says. Aim to eat one serving (about ¼ cup, or a handful) of one of these fruits at least once a day.

ALREADY EATING WILD SALMON? TRY: TROUT

Cold-water fish like these, as well as tuna, mackerel, sardines, halibut, sablefish, and anchovies, are rich sources of heart-healthy omega-3 fatty acids—specifically, docosahexaenoic acid (DHA) and eicosapentaenoic acid (EPA)—which also combat inflammation. "These essential fatty acids are critical to cell function, such as energy production, fat metabolism, immune reaction, brain function, and supple radiant skin," Perricone says. "They also act as a systemic anti-inflammatory, which protects all organ systems, including the cardiovascular system." The American Heart Association recommends at least two 3.5-ounce servings of fatty fish per week. In a 2009 study of 5,677 men and women ages 45 and older, researchers at the University of North Carolina at Chapel Hill found that those who consumed the most omega-3 fatty acids and fish had lower levels of CRP and the protein interleukin-6, which translates into lower levels of inflammation, improved blood flow, and reduced risk of blood clotting.

"If you're not having fish at least twice a week, consider taking fish oil supplements in the form of 1,000 mg of DHA and EPA combined," suggests Joy Dubost, Ph.D., R.D., a spokesperson for the Institute of Food Technologists. Looking for a protein-rich alternative to fish? Try omega-3-enriched eggs.

ALREADY EATING ALMONDS? TRY: WALNUTS

Walnuts and flaxseeds are good sources of alpha-linolenic acid, another omega-3 fatty acid that quells inflammation. Add a handful of chopped walnuts or a sprinkling of ground flaxseeds to your oatmeal or salad. Consuming almonds and soy nuts is also associated with lower CRP levels, research has found. Just go easy—nuts are high in calories.

ALREADY EATING GREEN GRAPES? TRY: RED OR PURPLE GRAPES

The darker the grape, the greater the number of anti-inflammatory, antioxidant phytochemicals, or plant-based compounds, notes

YOUR FLAVOR DEFENSE FORCE

HERBS LIKE ROSEMARY AND BASIL

Need another reason to season? Certain herbs (such as rosemary, thyme, and oregano) contain natural compounds that have powerful anti-inflammatory effects. "The compounds block the production of cytokines and prostaglandins, which shut off inflammation," explains registered dietitian Lona Sandon. Researchers in Mexico recently discovered that rosemary extract helped prevent or modify cirrhosis of the liver (a result of liver inflammation). And curcumin, a yellow pigment derived from turmeric, has been found to suppress pro-inflammatory body chemicals, according to research at the University of Texas M.D. Anderson Cancer Center in Houston.

ONIONS AND GARLIC

"The quercetin [a flavonoid] in onions has similar anti-inflammatory effects to ibuprofen," Sandon says. Besides decreasing inflammation, the compounds in these bulbs may also protect cells. Research from Germany found that when people with several heart disease risk factors consumed 150 mg of quercetin per day for six weeks, they reduced their blood pressure and "bad" LDL cholesterol levels.

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Why Phillips' Colon Health Probiotic + Fiber?

It is flavor-free and grit-free and can easily be added to many of your favorite beverages and foods. Taken daily, Phillips' Colon Health Probiotic + Fiber helps promote your digestive balance naturally so you can enjoy life to the fullest.

Visit phillipsrelief.com for more information.

Tips for Colon Health

- Maintain a healthy and balanced diet full of fruits, vegetables and fiber and low on fats
- Exercise regularly
- Manage stress
- Get the proper amount of sleep



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and anti-inflammatory properties, but green tea has the most. For maximum benefit, let the tea bag steep for three to five minutes in boiling water and drink two to four cups per day.

ALREADY EATING DARK CHOCOLATE? TRY: DARKER CHOCOLATE The darker the chocolate, the higher the concentration of anti-inflammatory flavonoids and theobromine. To be sure you're getting the good stuff, look for dark chocolate that contains at least 70 percent pure cocoa. "For a

treat, have a small piece of dark chocolate instead of something else, but make sure you're not over-consuming it and getting too much fat and too many calories in the process," cautions Nancy Cohen, Ph.D., R.D., of the University of Massachusetts, Amherst. A 2008 study in the *Journal of Nutrition* found that people who eat up to a 20-gram serving of dark chocolate (a little less than one ounce) every three days have significantly lower concentrations of CRP than those who don't eat chocolate at all (or who eat lots of it). Sweet deal. +

 **ONLINE**
For a list of anti-inflammatory Mediterranean recipes, go to wholeliving.com/mediterranean





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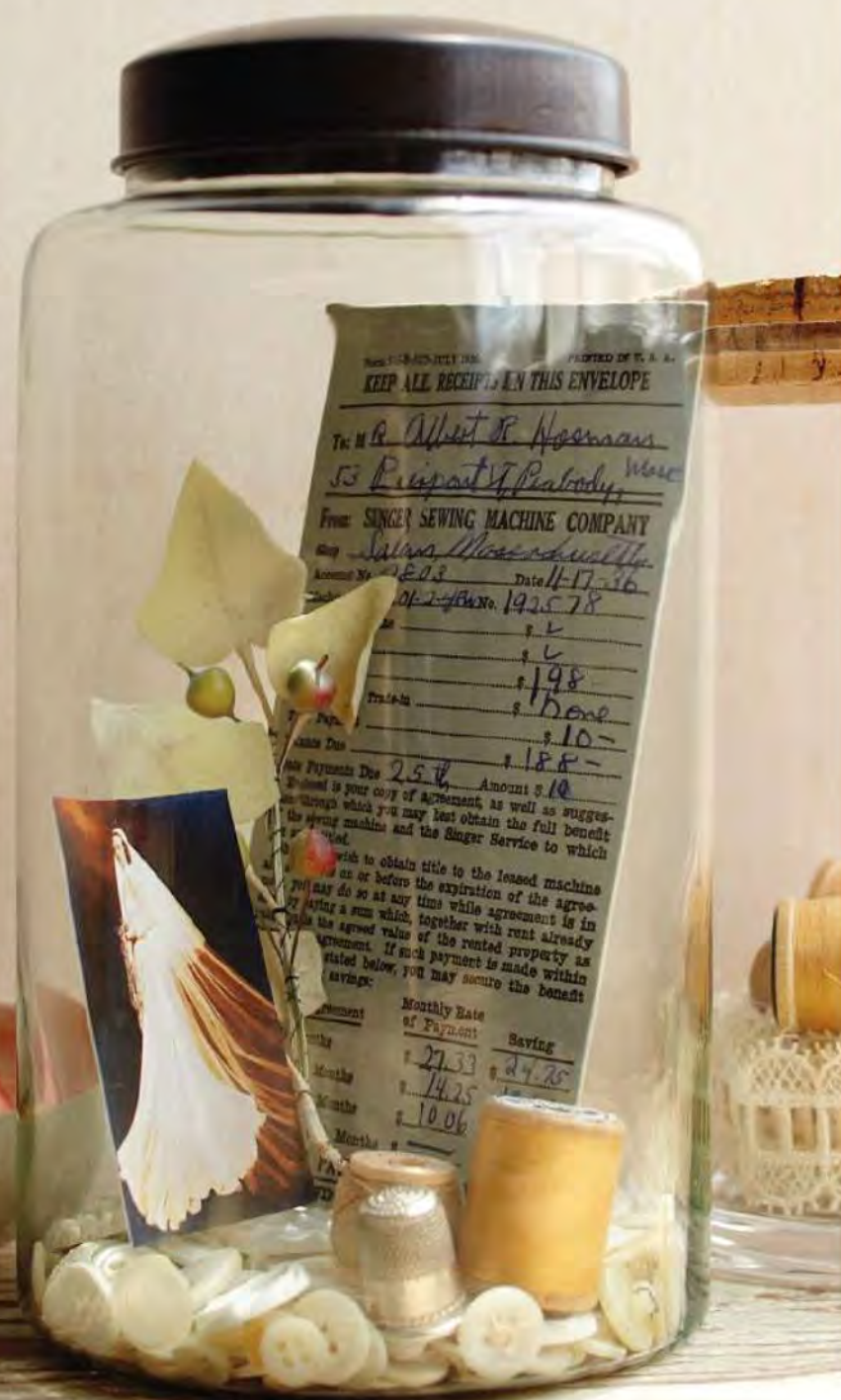
nest

Capture Stories of a Lifetime

Photos can only say so much. Preserve your family's history through the voices and artifacts of those who lived it. **BY MELINDA PAGE**

MEREDITH SULLINS'S most treasured possession isn't a car or a piece of jewelry; it's the interview she recorded with her 88-year-old grandfather, Eugene. When asked about his favorite memories, he recounted taking her to the Opryland amusement park when she was just a toddler. He won his granddaughter—now a 26-year-old nursing student in Nashville—enough stuffed animals to fill the backseat of the car. "I never knew he had worked so hard to win them all!" says Sullins. "The love behind that was really special." She is glad her future children will hear their great-grandfather's advice through his voice, now immortalized on tape.

Recording your family's oral history not only creates a powerful heritage, it also draws you closer to the most important people in your life. "My grandfather has always been quiet, but he felt like this was something special—a real ▶▶



DISPLAY IT IN A JAR

"My grandfather bought my grandmother a Singer sewing machine on an installment plan in 1936. She used the machine until she died in 1994. It made everything—her wedding dress; the First Communion dress worn by my mom, me, and my three sisters; the slipcovers in her house, even the dress she was buried in." —**RORY EVANS, CONTRIBUTING WRITER**



ONLINE

To learn how to pull off these memory-preserving projects, go to wholeliving.com/heirlooms

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- 2 slices 10 Grain Health-full bread
- 1 tsp cranberry sauce
- 2 slices of bacon, cooked and cooled
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- 1/2 cup spinach leaves
- 1/2 serving **Spiced Sweet Potatoes***

Prepare **Spiced Sweet Potatoes**, let cool. Spread cranberry sauce on one slice of toasted bread. Layer above ingredients, and top with other slice.

Sandwich Prep Time: 5 minutes

*Spiced Sweet Potatoes

- 3 sweet potatoes, peeled and cut into 1/4" cubes
- 1 tbsp honey
- 1 tbsp fresh grated ginger
- 2 tsp walnut oil
- 1/2 tsp ground cardamom
- 1/8 tsp ground black pepper

Preheat oven to 375F. Combine ingredients above. Bake for 10 minutes in Dutch oven. Turn mixture over. Bake another 10 minutes, or until sweet potatoes are tender. *Makes 10 servings.*

Potato Prep Time: 30 minutes

AUTUMN TURKEY NUTRITION VALUE

Serving Size: 1 Sandwich: 370.4 calories; 11 grams of fiber; 29.5 grams of protein; 46.1 grams of carbs; 10.1 grams of fat.

For more delicious recipes, visit
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nest HEIRLOOMS



IRON IT ON A TOWEL

"As a child, I remember my grandmother classifying milk as either 'sweet' (whole) or 'sour' (buttermilk). She also taught me about oleo. Her simple recipes are reminders that she lived and cooked through the Oklahoma Dust Bowl and World War II, when staples were scarce and expensive."

—SHIRA BOCAR,
DEPUTY FOOD EDITOR

interview—and it gave him the liberty to open up," Sullins says. She talked with him for StoryCorps, a nonprofit that records the stories of ordinary people in booths around the country, archives them in the Library of Congress, and airs them weekly on National Public Radio. Its National Day of Listening encourages those who can't make it to an official booth (check storycorps.org for locations) to conduct their own interviews on the day after Thanksgiving. (See more details at nationaldayoflistening.org.) So instead of lounging around in a turkey-induced torpor, round up your relatives and ask them everything you've ever wanted to know. "This is an opportunity to have a meaningful face-to-face conversation that won't melt away in two seconds. It creates a legacy," says Dave Isay, the founder of StoryCorps. "These aren't the kinds of conversations that happen every day at the dinner table."

Asking probing personal questions can seem daunting, but Isay's most important rule is this: Don't put it off. It's the only way to preserve fascinating everyday details—the iceman's deliveries, an era's courtship rituals—for generations to come. "It's the stories that we find all around us that are important, that resonate," he says. That's why you should pick someone whose life you're curious about and make a date to sit down with him or her. Set aside at least 40 minutes and prepare a few questions in advance. (Get help from the "great questions list" at storycorps.org, which even breaks them down into tougher topics, like "illness" and "war.")

Open-ended inquiries, such as "Tell me about your childhood," work best. "You want to let them ramble on instead of getting quick one-word answers," says Rina Benmayor, a professor of oral history at California State University Monterey Bay and president of the ▶▶



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Oral History Association. You can either work chronologically, starting with someone's earliest memories, or begin with a pivotal event. To break the ice with someone who's shy, bring memory-triggering objects like old photos or a childhood toy.

And expect emotions. People are likely to laugh, get embarrassed or angry, and yes, shed a few tears. To help your grandmother through a tough spot in a story, sit quietly, touch her hand or shoulder, and wait for her to gather her thoughts and continue. And unless asked, never turn off the recorder—you risk missing an important moment.

All you need is a quiet room and some kind of recording equipment. (Digital recorders create MP3 files that are easy to upload and share electronically.) Then just begin. It's a simple act that gives your family's ephemeral memories a loving permanence. +



HANG IT UP

"My father always wore a pendant with his zodiac sign. When I was a baby, he bought me a tiny Leo pendant, but I was always jealous of his. Eventually he bought me a larger one. I wear the two of them on a chain almost every day. Now that he has Alzheimer's, it helps me feel closer to him." —CARYN PRIME, ASSISTANT MANAGING EDITOR

MAKE A SCRAPBOX



"The most cherished thing I have from my grandfather is his old pocketknife. Typical of our crafty family, he etched his address into the handle. It went everywhere with him—from archaeological digs in Crete to hikes up our beloved Mount Monadnock in New Hampshire. It even has some antique cheese crumbs inside from a long-ago picnic." —AMY MERRICK, CONTRIBUTING WRITER

HOW TO GET THE BEST SOUND RECORDING

- >> **Avoid kitchens, which tend to have buzzing appliances and hard surfaces that reflect noise.**
- >> **Test your equipment well before starting the interview, says Evan Roberts of Audio Heirlooms (audioheirlooms.com), which creates professional archival-quality recordings. And use headphones (earbuds will do) to monitor the sound as you go.**
- >> **Put the recorder on a flat surface between you and your interviewee. Try not to touch or move it.**
- >> **First, record the date and full names and relation of both interviewer and interviewee.**
- >> **During the interview, don't talk over or interrupt people. Look them in the eyes while they're talking and nod instead of saying "mmm hmmm."**
- >> **Record everyone. There are 10 sides to every story. To get different perspectives on the same events, interview multiple people from several generations—although always one-on-one (especially with husbands and wives) to avoid self-censoring.**
- >> **Afterward, label your recordings with the date and names, and create a backup copy.**



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Taking Grief Step by Step

After a sudden death in the family, this runner was overcome by shock, anger, and regret. Then she staged an impromptu marathon—she had miles to go, and promises to keep. **BY JUDI KETTELER**

I HAD JUST COME IN from running when my sister Laura called. I was euphoric, having finally finished the last training run for the marathon we were doing in Philadelphia that Sunday with our sister Claire. But before I could tell Laura how good I was feeling, she shared news of her own: Our brother Paul, the second oldest of seven kids, had died that morning.

This made absolutely no sense (a dead brother?) and all the sense in the world (of course he died—he treated his body like a junkyard). Though I felt a little pebble of grief drop into my gut, I knew I wasn't grieving for me. I was grieving for my parents, who had just lost a son. I looked

at my 16-month-old, Max, giggling at the armadillo in his ABC book. My mom had just lost that.

Deciphering what Paul's death meant was complicated, because I didn't know him. There was a 15-year age difference between us, but the distance was more than that. His relationship to the entire family was like that children's song: *One of these things is not like the others*. He was a difficult kid with a nasty temper; he defied authority, and when trouble caught up with him, he blamed everyone else. By the time he was in high school, he refused to do any work and dropped out sophomore year. Claire and Laura bore the brunt of his meanness: He called them "lard-butts" and pushed them around (literally—he once pushed Laura down the steps). He needed things to revolve around him, but that wasn't possible in a family of seven, where patience and attention were already stretched to the limit. He took the path of drinking, drugs, and vandalism. I'm sure part of that was just teen rebellion. But I also think Paul felt, in some way, that he had never belonged. Later in life, my mom would invite him for holidays, and he'd say, "Yeah, maybe I'll stop by." But we knew he wouldn't. In the last two years of his life, I saw him exactly twice. By that point I barely knew him anymore. And now I never would, because his addictions and unhealthy lifestyle had led to his death at 49.



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The funeral was set for Saturday. The thought of missing the marathon crushed me. I was angry with Paul because this all just felt so typical of him. I also felt guilty for thinking of myself. But how could I not? I'd been training for 18 weeks, fighting glycogen depletion, sore knees, and throbbing quads. I'd done two marathons before, but this was my post-baby, I've-got-something-to-prove one. I'd devised cruel training runs full of long uphill finishes. I'd sacrificed sleep and time with my family. My body needed to run a marathon. But it also needed to grieve.

In the kitchen where we'd grown up, my siblings and I brainstormed stories for Paul's eulogy and looked through photo albums to make collages of him for the service. All we could cobble together were 33 pictures.

I said to Laura, "You know what? We should just get up Sunday and run a marathon right here." We laughed. Sure, yeah, we should do that. And then the conversation turned serious. Yes, we should *absolutely* do that. We'd start at my house in Cincinnati, wind down the valley, cross the Ohio River, and head back up to finish 26 miles away at our parents' house in northern Kentucky. We nicknamed it the Paul Ketteler Memorial Marathon. Paul would have hated this idea and stood on the corner with a Marlboro in his mouth, taunting us, just like old times. So basically, it was perfect.

That evening, my sisters and I cut out pieces of white fabric and made bib numbers with our names and funny sayings about Paul. (Laura's 21-year-old daughter, Rachel, who'd decided to run the last few miles, made one that said, "My uncle Paul coulda kicked your ass.") We sprawled on the floor with our supplies, like kids making an art project. I caught myself having fun, and then felt bad for having fun.

I also felt a little self-conscious about our plan to run through town with pieces of fabric safety-pinned to our shirts, but I think grief gives permission. Knowing we could use all the support we could get, I e-mailed everyone I knew and gave them the route. "Many of you have asked if there is anything you can do," I wrote. "Come out and cheer for us, because we will need it."

Sunday morning, I felt raw but strangely energetic. It was a delicious, cool fall morning, the kind runners live for, when Laura and Claire and I stepped out. Giggling, we made fake starter gun noises and set off, wondering if anyone would really show up.

But they did, all over the city. They waited at corners, calling our names from across streets. Again and again, we were amazed that some friend who'd never even known our brother would take the time to come and cheer for us. At our mile-8 water stop at Starbucks, two women commented on our bib numbers and cried when we told them what we were doing. "No tears!" we said. We needed to conserve fluid.

Various friends ran with us, a mile here and there. Our cousin Katy met us at mile 10 with Gatorade and fresh legs.



GROUP EFFORT
The author (right), with her sisters Laura and Claire, suited up for the run.

She'd lost her brother, Danny, to cancer a few years earlier, so it seemed fitting that she should guide us through the middle part of the course. In the park at mile 19, many family members were waiting, including my husband with Max. We nearly lost it around mile 20, when we spotted our brother Tony leaning against his vintage Camaro with a smirk. Tony would do anything for us, but we're on a need-to-know basis with him. If we need to know it, he'll tell us. Otherwise, we're not going to get much out of him. But there he was, as if to say, *Yeah, too much sister-bonding stresses me out, but I'm here and I'll always be here.*

Some miles we just fell in stride and breathed; others, we laughed, told stories, and tried to figure out where it had gone wrong. It's easier to have honest conversations during a run: You've got miles to fill, synapses firing, less inhibition. Why had the demons always seemed to find Paul? At 21, he'd taken a nasty fall on a roofing job that had practically destroyed his knee, setting him up for a lifetime addiction to pain pills. And as for alcohol, surely he'd had some genetic predisposition that the rest of us had managed to escape. He'd married young, had a son, and then a few years later lost a baby girl just a few weeks before the due date. He and his ex fought constantly and finally called it quits after 10 years. (A few years later, he remarried. My parents learned about the wedding only when they bumped into him at the grocery store.) He clung fiercely to roofing long after his body could handle it and despite the fact that it was highly seasonal work and always left him in dire financial straits.

We talked about the good stuff too—what a great storyteller he was, his gift for turning a funny (though crude) phrase. Around mile 18, I told Claire and Laura how once, when I was still single, he called me after a girl in my neighborhood was raped. "Are you all right?" he asked. "'Cause I don't want to have to come over there and start killing people." Two days before his death, he'd cut off his long ponytail (which

he'd had at least 15 years) for Locks of Love. Where had that come from, we wondered, and why hadn't he shown us that side more? By the time Rachel met us at the river, we were depleted—and out of both questions and answers. But we still had four miles, straight uphill, to the finish.

The thing about a marathon is that it really hurts. By mile 20, firecrackers pop in your quads, and there are desperate moments when all you can do is weigh the disappointment of stopping against the excruciating possibility of continuing.

But there was something freeing about letting my physical pain meet my emotional pain, with no need to check myself. I tend to keep a tight rein on tears, which scare and shame me. Now my body stepped in and said, *I'll take care of this.* When it comes to grief and regret, that's the best we can hope for: the chance to find a way to feel them honestly and then let go of them with the breath. As a teacher of mine says, "When your body is exhausted, your brain finally listens."

Our parents and other sister, Nancy, were there to cheer us on around mile 24. Mom asked, "Do you want a ride up the hill?" Our bodies were ready to plop down in the car. But our brains listened closely and said no. Paul wasn't an easy person. Finishing this couldn't be easy either.

We'd said we were running in memory of Paul, and we were. But it wasn't just about remembering him; it was about generating a force field of strength for the people who needed it most, like Paul's wife, his son, and our parents. We ran those miles for us and for them, and though we knew it might not make a difference, we gambled our muscle fibers that it would. It was a better reason to run than I'd ever had. It kept us going up that last terrible hill, and finally home.

My goal had been to do Philly in 4:20; the Paul Ketteler Memorial Marathon took us more than five hours. But I'll trade a personal best for having this experience to hold on to, especially in these months after his death, as confetti bits of grief still flutter down when I least expect them.

I've long used the time I spend running as a space to ponder the things that are almost unbearable in daily life. Usually I think about my dad, who has Alzheimer's and is declining in heartbreaking ways. I think about my son, and about the vulnerability and terror of being a parent. Now I catch myself using the miles to think about Paul too. I yell at him, and I cry for him. I make bargains with him as I pant up the hills: *You made life hard. You were stubborn and often mean, I tell him. But if you have any say in whatever netherworld you're in, then look after Mom, and please don't let Dad get any worse. Then all is forgiven.*

I don't get an answer. I don't get a sign. I don't feel a spirit. But I keep running, and as my foot strikes pavement over and over again, I get what I need. ✦

JUDI KETTELER is the author of *Sew Retro: A Stylish History of the Sewing Revolution* (Voyageur Press).

WHY EXERCISE HEALS

PHYSICAL EXERCISE CAN BE A POWERFUL ANTIDOTE TO GRIEF, says psychotherapist Bob Livingstone, author of *The Body-Mind-Soul Solution: Healing Emotional Pain Through Exercise*. A run not only distracts the mind but gives us a sense of efficacy that counteracts the helplessness we may feel after a loss. "When you wake up in the middle of the night burdened with grief, you feel fear and panic," Livingstone says. "But when you're in the middle of a run, it's different. Even if you tear up, the tears come more from a place of strength."

A WORKOUT CAN ALSO GET PHYSIOLOGY ON OUR SIDE, says Ben Greenwood, Ph.D., a researcher at the University of Colorado in Boulder. Exercise triggers the neurotransmitters serotonin and norepinephrine, which reduce the effects of stress; exercise is also one of the few ways to encourage neuronal growth, which according to recent research may alleviate depression. Exercise may even help us control our response to other big emotions, like anger. In a recent small study at the University of Georgia, rage-prone men were less likely to become upset after a session of stationary biking.

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10 THOUGHTS ON WHOLE LIVING

1 TECHNOLOGY ISN'T THE ENEMY; IT'S A TOOL. Let it bring you closer, not drive you apart.

2 THE BEST PLACE MEDITATION CAN TAKE YOU IS HERE AND NOW.

You don't heal from loss in an instant, but breath by breath, step by step.

4 Write a letter by hand. It's a gift to the recipient—and to yourself.

5 THINK OF FOOD NOT AS CALORIES BUT AS ENERGY. YOU CAN ONLY PUT OUT WHAT YOU TAKE IN.

6 If you're in pain, trust that there's a healthy way to find relief.

7 TRY SEEING EXERCISE AS FREEDOM, AS OPPOSED TO OBLIGATION.

8 The secret to getting unstuck might be locked in a dream. LOOK FOR THE KEY.

9 FEED YOUR CREATIVITY: Expose yourself to more beauty, more art, more excellence.

10 EVERYBODY HAS A STORY. ASK THE PEOPLE YOU LOVE TO SHARE THEIRS.

BY TERRI TRESPICIO



A SIDE

We asked a few of our favorite chefs to create healthy versions of beloved family side dishes. They may taste decadent, but we swear they're downright good for you.

OF GOOD HEALTH

BY SARA CARDACE PHOTOGRAPHY BY CHRISTOPHER BAKER ILLUSTRATIONS BY MICHAEL GILLETTE

RUTABAGA GRATIN



Amy Pennington

"EVERY THANKSGIVING MY mom made mashed rutabaga when we were kids, and no one ate it but my mom and me. I've tweaked the recipe a lot: I've made it vegan, and instead of mashing it together with a bunch of butter and bacon fat, as my mom did, I used a nut cream, which makes the rutabagas velvety in and of themselves. It's much healthier, but it still feels really filling and lush."

—Amy Pennington is the creator of GoGo Green Garden and Urban Garden Share. Her first book, *Urban Pantry*, was published this spring.





CELERY, SUNCHOKE, AND GREEN APPLE SALAD WITH WALNUTS AND MUSTARD VINAIGRETTE



Peter Berley

"MY MOM LIKED to combine apple, celery, raisins, and walnuts with some mayo. It was one of the salad-y things she'd put out with the meal. My recipe is a postmodern expression of that. The apple is tart; the celery has a saline minerality; and the sunchoke provides earthiness. Treble, alto, and bass. Walnuts add the sweetness and fat, which really ties the salad together."

—Peter Berley is the former executive chef of Angelica Kitchen in New York City and author of *The Flexitarian Table*, *The Modern Vegetarian Kitchen*, and *Fresh Food Fast*.

DRIED FRUIT AND TOASTED NUT STUFFING AND MUSHROOM GRAVY



Anna Lappé

"AS YOU CAN IMAGINE, Thanksgivings with my mother [author Frances Moore Lappé] were always healthy. It wasn't like there were sweet potatoes with marshmallows! My mother doesn't eat meat, so she wanted to make a stuffing that wasn't just discarded bread stuffed in a turkey. Here, the interesting flavors and texture come from her combination of herbs, the dried fruit, the nuts—and the juiciness of all the onions. We're huge fans of onions."

—Anna Lappé is a founder of the *Small Planet Institute*, host of *MSN's Practical Guide to Healthier Living*, and author of *Diet for a Hot Planet*.





SHREDDED BRUSSELS SPROUTS WITH LEMON AND POPPY SEEDS



Catherine McCord

"BRUSSELS SPROUTS were always a favorite of mine, but my mother would steam them so they were a little limp by the time they got to the table. One of my best friends, a well-known chef, suggested shredding them. I thought, *That's genius!* Shredding makes them beautiful and lacy so they're not damp little orbs of cabbage. I added poppy seeds and garlic for nutrition. I got my uncle, who's the toughest sell in the group, to try them, and now it's one of his favorite dishes."

—Catherine McCord is the founder of Weelicious, a Web site with easy, kid-friendly recipes for busy parents.

PUMPKIN SOUP WITH PIMENTÓN AND PRESERVED LEMON



Christopher Hirsheimer (left)
and Melissa Hamilton

"GROWING UP we had pumpkin roasted as a side, or in a pie. But you see all these beautiful pumpkins, so we thought it would be great to use one as a centerpiece, an edible tureen for the soup. It provides that *ta-da* factor. There's some olive oil in there, but it's really just a wholesome recipe, deliciously prepared. We love the combination of the preserved lemon and the pimentón—it adds that richness of flavor without bringing in extra fat."

—Melissa Hamilton and Christopher Hirsheimer are the creators of the seasonal recipe series *Canal House Cooking*. Their newest release is *Canal House Cooking Volume N° 5, The Good Life*.



DISHING UP NOSTALGIA

There's nothing a great cook loves more than a little improvisation—as we discovered when we asked these health-conscious chefs to riff on their family's traditional Thanksgiving sides. The genius results transform updated ingredients into old-fashioned textures, satisfying your inner child and your sensible adult.

AMY PENNINGTON

RUTABAGA GRATIN

SERVES 6–8

FOR THE CASHEW CREAM

- 1½ cups boiling water
- 1 cup raw cashews
- 1 Tbsp. nutritional yeast

FOR THE BREADCRUMBS

- 2 slices rustic bread, torn into small pieces

FOR THE GRATIN

- 2 small rutabagas (1½ lb.), peeled and cut into about ½-inch-thick slices
- Kosher salt and freshly ground black pepper
- 4 tsp. chopped fresh thyme
- 4 tsp. chopped fresh marjoram
- ¼ tsp. freshly grated nutmeg
- 1 Tbsp. extra-virgin olive oil

1. Make cashew cream: In a medium bowl, pour boiling water over cashews and let sit until they soften, at least 15 minutes and up to 30. Stir in yeast. Purée mixture in a blender on highest setting until smooth and creamy, about 3 minutes. Season with salt to taste. Set aside.
2. Make breadcrumbs: Pulse bread in a food processor until coarsely ground. Set aside. (You should have 1 cup.)
3. Assemble gratin: Preheat oven to 375°. Cover bottom of an 8-inch-round baking dish with a single layer of rutabaga slices, overlapping edges and working in a circle. Season with salt, pepper, and some of the chopped herbs. Add another layer and season with salt, pepper, and herbs. Pour in about ⅓ of cashew cream—enough to cover both layers. Continue until baking dish is full. Pour in remaining cashew cream. Sprinkle nutmeg over top layer. Toss breadcrumbs with oil in a small bowl. Top gratin with breadcrumbs.
4. Bake on a rimmed baking sheet until rutabagas are tender when pierced with a sharp knife and breadcrumbs are golden brown, about 1 hour and 15 minutes.

PER SERVING: 149 calories; 1 g saturated fat; 5 g unsaturated fat; 0 mg cholesterol; 18 g carb; 89 mg sodium; 5 g protein; 4 g fiber

ANNA LAPPÉ

DRIED FRUIT AND TOASTED NUT STUFFING

SERVES 6–8

- ¾ lb. sourdough bread cut into 1-inch cubes (8 cups)
- ¼ cup extra-virgin olive oil
- 1 large onion, diced
- 3 medium carrots, peeled and diced
- 3 celery stalks, thinly sliced
- 2 cups fresh parsley leaves, chopped
- 1 cup toasted walnuts, chopped
- 1 cup toasted pecans, chopped
- 1 cup dried figs, sliced crosswise
- 1 cup dried apricots, chopped
- 1 cup prepared chestnuts, chopped
- ¼ cup assorted fresh herbs such as sage, rosemary, and thyme, chopped
- 2 cups water
- 4 Tbsp. unsalted butter, melted
- Kosher salt and freshly ground black pepper

1. Arrange bread in a single layer on a baking sheet and let stand overnight, uncovered, at room temperature. (Alternatively, bake bread in a 300° oven until dry but not browned, about 15 minutes.)
2. Preheat oven to 375°. Heat oil in a large saucepan over medium heat. Cook onion, carrot, and celery until tender and translucent, about 8 to 10 minutes. Transfer mixture to a large mixing bowl. Add remaining ingredients and toss to coat. Season with salt and pepper.
3. Transfer mixture to a large baking dish. Cover with foil and bake for 30 minutes. Uncover and continue baking until top is golden brown and stuffing is firm, about 15 minutes more.

PER SERVING: 771 calories; 9 g saturated fat; 33 g unsaturated fat; 20 mg cholesterol; 87 g carb; 427 mg sodium; 15 g protein; 12 g fiber

MUSHROOM GRAVY

MAKES 4½ CUPS

- 4 cups water
- ½ oz. dried porcini mushrooms (½ cup)
- 2 Tbsp. extra-virgin olive oil

¼ cup chopped shallots

8 oz. assorted mushrooms such as white button, shiitake, cremini, velvet pioppino, and brown and white beech, trimmed and sliced

½ cup dry white wine

3 Tbsp. cornstarch

Kosher salt and freshly ground black pepper

1. Bring water to a boil. Transfer dried mushrooms to a medium bowl. Cover with water and let stand 30 minutes, until mushrooms are softened. Drain liquid (and reserve) through a sieve and slice mushrooms. Set aside.
2. Heat oil in medium saucepan over medium heat. Add shallots and cook until tender, about 3 to 4 minutes. Add fresh mushrooms and cook until soft, about 6 to 8 minutes. Deglaze pan with wine and reduce liquid by half, about 3 minutes.
3. Meanwhile, slowly whisk cornstarch into 1 cup of mushroom liquid until smooth; set aside. Add remaining 3 cups mushroom liquid and chopped rehydrated mushrooms to gravy. Bring to a boil. Stir in cornstarch mixture and simmer until mixture thickens, about 5 to 7 minutes. Season with salt and pepper.

PER SERVING: 32 calories; 0 g saturated fat; 1 g unsaturated fat; 0 mg cholesterol; 3 g carb; 4 mg sodium; 1 g protein; 0 g fiber

CATHERINE McCORD

SHREDDED BRUSSELS SPROUTS WITH LEMON AND POPPY SEEDS

SERVES 6–8

- 1 lemon
- 1 lb. brussels sprouts, stem ends trimmed, finely sliced
- 1 Tbsp. unsalted butter
- 1 Tbsp. extra-virgin olive oil
- Kosher salt and freshly ground black pepper
- 1 garlic clove, minced
- 2 tsp. poppy seeds
- ¼ cup low-sodium chicken stock

1. Using a vegetable peeler, peel 3 long strips of lemon zest, avoiding white pith. Thinly slice zest; set aside. Squeeze

1 Tbsp. lemon juice and toss with Brussels sprouts in a medium bowl.
 2. Heat butter and oil in a large sauté pan over medium heat. Sauté sprouts for 2 minutes, until bright green and tender. Add salt, pepper, garlic, zest, and poppy seeds and cook an additional 2 minutes. Pour in stock and cook 1 minute more.

PER SERVING: 74 calories; 2 g saturated fat; 3 g unsaturated fat; 5 mg cholesterol; 7 g carb; 21 mg sodium; 3 g protein; 16 g fiber

**MELISSA HAMILTON AND
CHRISTOPHER HIRSHEIMER**
**PUMPKIN SOUP WITH
PIMENTÓN AND
PRESERVED LEMON**

SERVES 6–8

1 8–10 lb. Rouge Vif d'Etampes, Cinderella, or cheese pumpkin

Extra-virgin olive oil, for brushing

Kosher salt and freshly ground black pepper

1 Tbsp. pimentón

2 preserved lemons, rinds removed and chopped finely (save fruit for another use)

2 garlic cloves, thinly sliced

2 bay leaves

4–6 cups homemade chicken stock or low-sodium store-bought stock

1. Preheat oven to 350°. Cut out a lid around stem end of pumpkin and set aside. Scrape out and discard seeds and string. Put pumpkin on a baking sheet along with lid. Brush pumpkin flesh with oil. Rub in salt, pepper, and pimentón. Add lemons, garlic, and bay leaves. Fill pumpkin halfway with stock.

2. Roast until flesh is soft when pierced with a paring knife, 2 to 2½ hours. (Take care not to puncture skin.) Replace lid for effect and serve soup at table, scraping flesh from bottom and sides into broth, then ladling it into bowls.

PER SERVING: 188 calories; 1 g saturated fat; 1 g unsaturated fat; 0 mg cholesterol; 40 g carb; 167 mg sodium; 10 g protein; 9 g fiber

PETER BERLEY
**CELERY, SUNCHOKE,
AND GREEN APPLE SALAD
WITH WALNUTS AND
MUSTARD VINAIGRETTE**

SERVES 6–8

½ cup walnuts, roughly chopped

4 large celery stalks, peeled and thinly sliced, and ¼ cup leaves chopped

1 head fennel, trimmed and thinly sliced lengthwise, fronds reserved

1 large sunchoke (5 oz.), peeled and thinly sliced (1 cup)

1 large Granny Smith apple, peeled, cored, and thinly sliced

3 Tbsp. plus 1 tsp. freshly squeezed lemon juice

2 Tbsp. plus 1 tsp. Dijon-style mustard

1 garlic clove, grated through a fine grater or minced

2 tsp. honey

Kosher salt and freshly ground black pepper

6 Tbsp. extra-virgin olive oil

1. Toast walnuts in a skillet over medium heat until fragrant, 3 to 4 minutes. (Do not burn!) Transfer nuts to a sieve and cool, then rub off and discard bitter skins.

2. Place sliced celery, fennel, sunchoke, and apple in a bowl of cold water. Stir in 1 Tbsp. lemon juice and refrigerate.

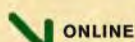
3. In a small bowl, combine remaining lemon juice, mustard, garlic, honey, and salt. Whisk in oil and season with pepper.

4. Drain chilled celery, fennel, and sunchoke and dry in a salad spinner or blot with a paper towel. Combine celery, fennel, sunchoke, celery leaves, walnuts, and apples. Toss with dressing before serving. Garnish with fennel fronds.

PER SERVING: 247 calories; 2 g saturated fat; 17 g unsaturated fat; 0 mg cholesterol; 17 g carb; 200 mg sodium; 3 g protein; 3 g fiber

BEYOND THE BIRD

If you think Thanksgiving isn't quite the same without an enormous turkey, think again. There are plenty of spectacular—and meatless—mains waiting to take its place at the table.



ONLINE

For more recipe ideas—including healthier versions of green bean casserole and spoon bread—go to wholeliving.com/holiday-sides

THE BIGGEST PRIORITY

when it comes to preparing a vegetarian Thanksgiving is to make sure it doesn't feel like an afterthought. "I was a vegetarian for eight years, so I know what it's like to be the only non-meat-eater in the room," laughs Catherine McCord. "A lot of times vegetarians will say, Oh, I'll just eat the sides, but that's not what they really want for the holiday. I liked things that felt autumnal and rustic—something that felt as festive as a turkey." She recommends

baked pumpkin with roasted vegetables and chickpeas or, for prep-ahead options, a four-cheese lasagna, a baked squash filled with risotto, or a Shepherd's pie with root vegetables. "You don't necessarily have to use fake meat," McCord says. "I hate seitan!" Anna Lappé's go-to entrée is her mother's walnut cheddar loaf: "It's a nice hearty recipe with lots of creamy cheese sauce," she says. "It can be very filling, if you want something that's more of a

core vegetarian dish to focus the table." And though you may not have any drumsticks to dress in frilly white paper, don't neglect the presentation: "Core an apple or squash or another vegetable and do a savory filling," Amy Pennington suggests. "Fill it with some kind of barley or grain, and maybe go spicier with your Indian herbs—coriander, fennel, chiles—and bake it all together. It's rich, it's hearty, and it'll give your guests the feeling that they've eaten something special."



BREATHING LESSONS

What could be more simple, or more radical, than coming back to the present moment? Here's why you should consider starting a meditation practice and give peace a chance.



BY AMY GROSS
PHOTOGRAPHY BY RAYMOND HOM

HOW TO GET IT RIGHT WITHOUT THINKING

Your mind goes all over the place, and that makes you feel the opposite of calm—which is the goal of meditation, isn't it? (Not really, but more on that later.)

I completely sympathize. In fact, my mission here is to assure you, first, that the reason it's so hard for you is that it's hard, period. And second, that it's worth every effort. Of all the things you might do for yourself—exercise, take your vitamins, cut out saturated fat, read Dante's *Inferno*—this could be the most beneficial. I bet you've heard that meditation is good for your health, that it improves heart function and immune response, lowers blood pressure and levels of the stress hormone cortisol, reduces pain, and may even increase longevity. Did you know, though, that it also rewires your brain?

Scientists in the emerging field of contemplative neuroscience are discovering that meditation has measurable effects on brain functioning. In one study from the University of Wisconsin, Madison, an eight-week course in mindfulness meditation was enough to significantly increase activity in the area of the left brain associated with positive feelings and the ability to recover more quickly from stress. Mindfulness teaches you new habits of response that make you happier.

So why doesn't everyone do it? And why is it so hard? The most obvious reason: This simple act defies the rules of our society. We believe in rushing and achieving. We're convinced nothing we do is ever enough. Meditation asks us to draw our attention inward and stay seated when a million impulses call us back to the fray. Western culture condemns it as navel gazing, and you may have picked up the idea that meditation is woo-woo, a fad for the softheaded. When practice gets uncomfortable, you're relieved to have an excuse to stop: *You're not cut out for this!*

And practice is often uncomfortable. The longer you sit, the deeper you go into the dark cave of your mind, where

ancient memories, guilt, fears, disappointments, and losses can spring out at you. This isn't what you bargained for. You were hoping to find peace, and here's your own custom-made uproar. Besides that, your back is killing you. (Or it's just one boring breath after another, and you're jumping out of your skin. A friend who's newish to meditation says, "The silence is deafening!")

Everyone who meditates is a veteran of these torments. "The habit of self-judgment makes people impatient with the inevitable ups and downs of practice," says Sharon Salzberg, cofounder of the Insight Meditation Society in Barre, Massachusetts, and author of *Real Happiness: Learn the Power of Meditation—A 28-Day Program*, coming out in December. "People need a base of good understanding so they're not unfair to themselves. Maybe you're trying to force thoughts out of your mind, for example. Once you understand that's impossible, meditation gets easier."

I started out as the worst meditator in history. Actually, I started out not meditating at all, just reading about it. I was in college, an anxious mess, when I stumbled on *Zen Mind, Beginner's Mind* by Shunryu Suzuki, Alan Watts' *The Way of Zen*, and later, Eugen Herrigel's *Zen in the Art of Archery*. These books were like cool water to a person with a fever. I could feel my breath deepen as I turned the pages. I'd be inspired to sit for a few days, then motivation would fizzle. This went on for years. Finally, I realized I needed a teacher. A friend suggested a weekend retreat with Joseph Goldstein and Sharon Salzberg, who brought mindfulness meditation home from India. Also called insight meditation, this is the practice the Buddha discovered that led to his enlightenment. You don't have to become a Buddhist to do it, though. The idea is to pay attention each moment to your senses, emotions, and thoughts, without resistance or judgment. We were told to follow our

breath, noting "in" and "out" as air moved through our belly or nose. When the mind wandered, we were supposed to return to the breath.

I could find my breath, but keeping my mind *on* it, *with* it, *near* it? I gave up. I tried again. I went into tailspins of despair. I was so taken with Joseph and Sharon, though, and so gratified by the taste of quiet, that I persisted.

"Just get into the position every day," Joseph said at the end of the retreat. "Even if you only sit for five minutes." I set off for my new life as a meditator.

That was 15 years ago. I began to go on silent retreats. Ten days of meditating 12 hours a day, no reading or writing, and, except for two brief meetings with a teacher, no talking. Twice I went on three-month retreats. I was *serious*—and still it took me 13 years to make sitting a daily habit. To be completely honest: an almost daily habit. The urgencies of the day can still be very seductive. (*I don't have time to sit; I've got to write an article about sitting!*) Such allegedly time-saving decisions usually backfire. When I sit, I think more clearly and life flows more easily. I can see now that the stress level of an event depends on my state of mind. In the midst of a downward spiral of anxiety, I'll suddenly recognize that my fears are a fantasy, an old pain pattern. The hysteria drops away. It's like one of those nightmares where a towering wave is about to crash down on you—and then you wake up. There is no wave. Mindfulness taps on the window of your awareness and—*ping!*—brings you back to the present. The disasters we imagine in our future torture us more than reality ever can. As Eckhart Tolle teaches, "Right now I'm OK." The more fully you inhabit now, the more OK you are. Now is home base, the best spa, the best medicine. Meditation is training in getting to now.

What makes it powerful is what makes it hard: You're dismantling two of the oldest reflexes in the world. The first is: *Running away from pain*. We spend our

lives clamping off negative reactions. Meditation invites these reactions to the surface, where they can get the attention they've wanted from you all these years, and ultimately dissolve. You see you're not destroyed. "Acceptance is the key," Joseph says. "Resistance locks in the feeling."

The second reflex is: *Clinging to the pleasant*. We want what we want when we want it; when we get it, we hold on tight. That's as futile as trying to hold on to a rushing river. Meditation offers infinite opportunities to open our grip. We see that we don't lose anything by letting go—we've just quit an exercise in futility. Peace, according to the Buddha, is the greatest happiness. And isn't that what you said you wanted?

GETTING READY TO SIT

Where are you going to sit? You don't need an altar or candles—just a quiet spot where you won't be disturbed.

When are you going to sit? I like to meditate first thing in the morning, when I have the most control over my time. If the morning got away from you, how about now? Could you pay attention to just three breaths, as suggested by meditation teacher and InsightLA founder Trudy Goodman?

Posture Please give up the notion you must fold yourself into the lotus position. I sit on a chair or a sofa or kneel on the floor. What's vital is to create a stable base, back upright but not stiff. You want to be relaxed yet alert.

How long are you going to sit? Commit to a period: 10 minutes, or 20, or 45. It might help to set a (quiet) timer.

HOW TO SIT

Meditation is mind training. You're tethering your attention to an object, as though you were tying a monkey to a pole. The monkey is going to scamper about, but sooner or later it quiets down. To tame your monkey mind, close your eyes and sit still, becoming aware of any aches and sensations rather than automatically adjusting your posture to alleviate discomfort. Then follow the sensations of breathing: expanding and contracting, rising and falling. The breath is your anchor.

If it helps, silently note "in" and "out" as air enters and leaves the body. "Rub your belly with your mind," as Sharon says. If you find this boring, consider: If this next breath were your last, would you find it boring? The breath is a continual invitation to be here now, and now, and now.

WHEN THOUGHTS COME UP

Your mind is going to create thoughts. That's what minds do. The idea is not to refuse the thoughts or judge yourself. An image that helps me deal with the concoctions of my mind comes from Tibetan Buddhism. Visualize "you" as the vast blue sky, and thoughts, emotions, and sensations as passing clouds. They don't stain the sky, the Tibetans say. No matter how permanent they look, they're going to move on. When there's judgment, resistance, or self-criticism (*I'm hopeless, I can't do this, this is stupid*), let them go—just more clouds—and return to the breath. You're not trying to empty your mind; you're trying to notice what's going on. Every time you realize "I've been thinking!" that's a moment of clarity.

Meditation gives you a seat in the theater of awareness. Let's say the drama being enacted is anger: Instead of getting angry with yourself for being angry, be curious. The anger is giving you information that could be useful or not (*I think X is taking advantage of me*). You can weigh that information later. Right now, sink your attention into your body. *What are the sensations that you recognize as "anger"? Where are they?* The mind can't focus on two things at once. Dropping the story cuts the fuel line to the emotion. The feelings fade away. Calm returns.

As Sharon says, this path has its ups and downs. The trick is to have faith in the process. If you sit, you'll get wise to your mind. Your heart will soften. Your love for yourself and others will bloom. It's inevitable. Drop the story of how hopeless it is and begin again. Every moment is new. Investigate this newness. Don't miss it!

AMY GROSS is the former editor-in-chief of O: The Oprah Magazine.



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SCENTS & SENSIBILITY

SMELL IS THE MOST EVOCATIVE OF
THE FIVE SENSES, WHICH MEANS
FRAGRANCE IS MORE THAN JUST
A LUXURY. IT'S A PIPELINE
TO MEMORY AND MOOD.



RELAXING

Soft and grounding, scents like lavender, frankincense, and sandalwood bring calm to a busy day and help soothe you to sleep.



TEXT BY LINDSY VAN GELDER
PHOTOGRAPHY BY MARIA ROBLEDÓ

HIGH ENERGY

Citrus scents evoke morning, refreshment, and the start of something good. They give a physical jolt to the body, uplifting the wearer.



YOUR BELOVED GRANDMOTHER wore Chanel No. 19; your favorite teacher loved Opium; your best friend in high school was crazy for CK Be. And today, whenever you get a whiff of any of them, your mind does Proustian backflips down the tunnel of memory. Instantly, you're happy.

That's because scent takes a unique route to our brains, says cognitive neuroscientist Johan Lundstrom of the Monell Chemical Senses Center in Philadelphia. "Every other sense goes from the sensory organ—the eyes, the ears, the tongue—into the brain stem and to the thalamus, the switchboard of the brain, and then gets processed," Lundstrom says. But smell leapfrogs instead to the limbic system, which includes the amygdala (the seat of emotion) and the hippocampus (which governs memory).

Certain scents provoke nearly universal responses, at least within specific cultures, and no one knows exactly why or how this is so. Some researchers believe the reactions are triggered by early childhood associations. But a study earlier this year at Ruhr University in Bochum, Germany, indicated a physiological basis for responses to jasmine (long reputed to be a natural antianxiety scent). Mice who inhaled it stopped racing around and sat quietly in the corners of their cages. Jasmine enhances the mood of human subjects so much that they knock down 23 percent more pins when they bowl with the scent in the air, according to a study at the Smell and Taste Treatment and Research Foundation in Chicago. Odors can also affect perception: Men in one foundation study guessed that women wearing the scent of pink grapefruit were six years younger than they were in reality; in another study, men thought women wearing spicy florals were 12 pounds lighter.

The psychological powers of scent have been wielded for centuries by alchemists, herbal healers, and perfumers. (Marie Antoinette is said to have gone to the scaffold with several vials of her favorite Houbigant scent tucked into her bosom for courage.) But our emotions can be manipulated only up to a point, because the fragrance experience is more complicated than simply pushing button A to get Pavlovian reaction B. Personal memories in particular can override more common associations, Lundstrom says. Lavender and vanilla are known for their calming properties, but if your high-strung mother wore them, they may never feel tranquil to you. Lundstrom himself often works with phenylethyl alcohol, a compound that smells like roses. Most people find it lovely and romantic, "but I now associate the scent of rose with long hours in the lab."

By the same token, we respond positively to all kinds of olfactory madeleines that trigger pleasant memories. Perfumer Alexandra Balahoutis of Strange Invisible Perfumes, based in Venice, California, once concocted a fragrance meant to evoke a young woman's trip to Italy. In addition to native plants like Sicilian orange blossom, Parma violets, and basil, it contains tobacco and musk. "I wanted to encapsulate not just Italy or Florence, but the experience of discovering them—being a young girl and being delighted and corrupted by a way of life, smoking cigarettes and drinking espresso."

CREATING A SCENT

When perfumer Jane Hendler of Ajne in Carmel, California, meets with new clients, she asks them to fill out a two-page form listing their favorite colors, music, and season. But most important is the question: "What's going on with you, and what are you looking for this fragrance to do?" Many women report a broken relationship and the trust issues that go along with it, Hendler says. For healing bruised hearts, she recommends fragrances containing rose or linden blossom, based on a long tradition rooted in ancient folk medicines. For those who are anxious, grieving, or having trouble sleeping, she suggests bergamot—"almost a natural Prozac"—or other citruses. "And someone who is too flighty needs the woody oils for grounding—like amber, sandalwood, cedar, labdanum, and oak moss."

Obviously no perfume can replace a good shrink, but fragrance is still powerful enough to serve as a kind of jump start when you need it. "It can help you create a persona or a personal environment," says perfumer Dawn Spencer Hurwitz of DSH in Boulder, Colorado. "Elton John's backup singers used to come into my shop and get a fragrance made for each of their costumes. I also worked with an upright bass player who had the scent come out of his bass to help him focus and get into the zone." Hurwitz herself uses a fragrance containing frankincense, sandalwood, and rose to accompany her meditation practice. The combination was soothing and contemplative by design, but even more than that, it became imprinted on her brain as a cue to meditate—a process that in her experience takes from two to four weeks of regular use to cement. Once the association was made, she started carrying the meditation fragrance in her car, as a way to stay calm in the face of traffic and bad drivers. She has clients who bring tiny vials of fragrance on the subway to sniff away the crowds and stress, or who breathe in instant groundedness at the office.



Optimism, bottled

Whole Living asked perfumer Mandy Aftel (who has been called the Alice Waters of fragrance) to brew us a custom scent on the theme of optimism—something we could all use a little more of these days. The fragrance, which Aftel named *Candide* after Voltaire's glass-half-full hero, blends pink grapefruit, blood orange, and black pepper with jasmine and frankincense, the two dominant notes. We wore *Candide* for days, and it did smell uplifting—sweet but not cloying (the pepper and frankincense provide a smoky undertone), upbeat but not manic.

For a chance to win your own little bottle of brightness, go to wholeliving.com/fragrance

CHOOSING A PERFUME

All perfumers try to appeal to consumers' emotions—through not just the scent, but its color, its name, and the shape of the bottle. Perfumers originally used the oils derived from flowers, herbs, and the leaves, roots, seeds, and barks of other plants, as well as the secretions of animals. But in the late 19th century, scientists realized that they could mimic expensive botanical and animal ingredients in the lab and could even duplicate certain smells (including gardenia, lily of the valley, apple, peach, and plum) that had defied easy extraction from plants and were therefore rarely found in natural fragrances. In the 1920s, Chanel No. 5 became the first fragrance to use a high concentration of synthetics. Since then, most ingredients in mainstream scents—including gorgeous re-creations of every flower in the garden—have been manufactured. Natural perfumery, based entirely on botanicals and some natural animal essences, is a reaction against this trend.

Which is better? That depends on what you're looking for. Natural perfume lines are harder to find than mainstream brands, and until fairly recently they tended to be unsophisticated—think of those eau de hippie essential oils from the health-food store, like patchouli. That changed in 2004 with the

publication of *Essence and Alchemy*, by perfumer Mandy Aftel of Aftelier Perfumes in Berkeley, California, who pioneered the art of blending traditional oils into modern fragrances and founded the Natural Perfumers Guild. One or the other isn't necessarily better, even for sensitive folks; you can just as easily have a reaction to a lab-made scent as to something from the earth. The main difference is volatility. Synthetics are less complex at the molecular level, says psychologist Avery Gilbert, author of *What the Nose Knows*. That means that "what you smell when you first put it on is what you smell two hours later." Synthetics also tend to smell similar on everybody, while naturals interact far less predictably with the oils of the skin. They can smell very different depending on the wearer's hormones, diet, or individual chemistry. None of this affects the ability of fragrance to change our moods; from the department store or the garden, scent is transformative and can have a powerful effect. It's not exactly eye of newt and toe of frog, but for most of us, fragrance does cast a spell.

LINDSY VAN GELDER is a freelance writer and perfume aficionado living in Miami Beach.

FRAGRANCE LAB

Sometimes you can detect the notes in a perfume just by sniffing it. For a more complete explanation, try a fragrance guide like *Perfumes* by Luca Turin and Tania Sanchez. If you want a scent that's....



relaxing

Look for: lavender, vanilla, jasmine, vetiver, frankincense, and sandalwood

Strange Invisible Perfumes Essence of IX An all-natural blend inspired by Napa Valley reds and containing organic grape alcohol, plus calming lavender (\$320; siperfumes.com). **PureDKNY** Features a touch of comfort-food vanilla that's farmed by women in Uganda working through a global antipoverty program (\$60; dkny.com).



high energy

Look for: orange, grapefruit, blood orange, lemon, lime, ginger, and bergamot

Clinique Happy An uplifting classic, with bright florals and multiple citrus notes (\$53; clinique.com). **Ajne Citron Régénérez** Full of happy-making citrus extracts like lemon, grapefruit, and orange, and lively spice like ginger (\$75; ajne.com).



romantic

Look for: softer flowers like gardenia, carnation, violet, and rose

DSH Padme Lotus Subtle but lush natural blend of pink and white lotus and Centifolia rose (\$90; dshperfumes.com). **Jo Malone English Pear & Freesia** The soft, sweet freesia is rounded out by the tart pear (\$100; jomalone.com).

sexy and seductive

Look for: musk, jasmine, amber, tobacco, chocolate, labdanum, tuberose, and clove

Anyas Garden Perfumes Star Flower This pocket-size perfume, featuring natural extracts of tuberose and chocolate, has been called an orgy in a bottle (\$60; anyasgarden.com). **Serge Lutens Ambre Sultan** An amber blend that many people think smells like lust itself (\$150; barneys.com).



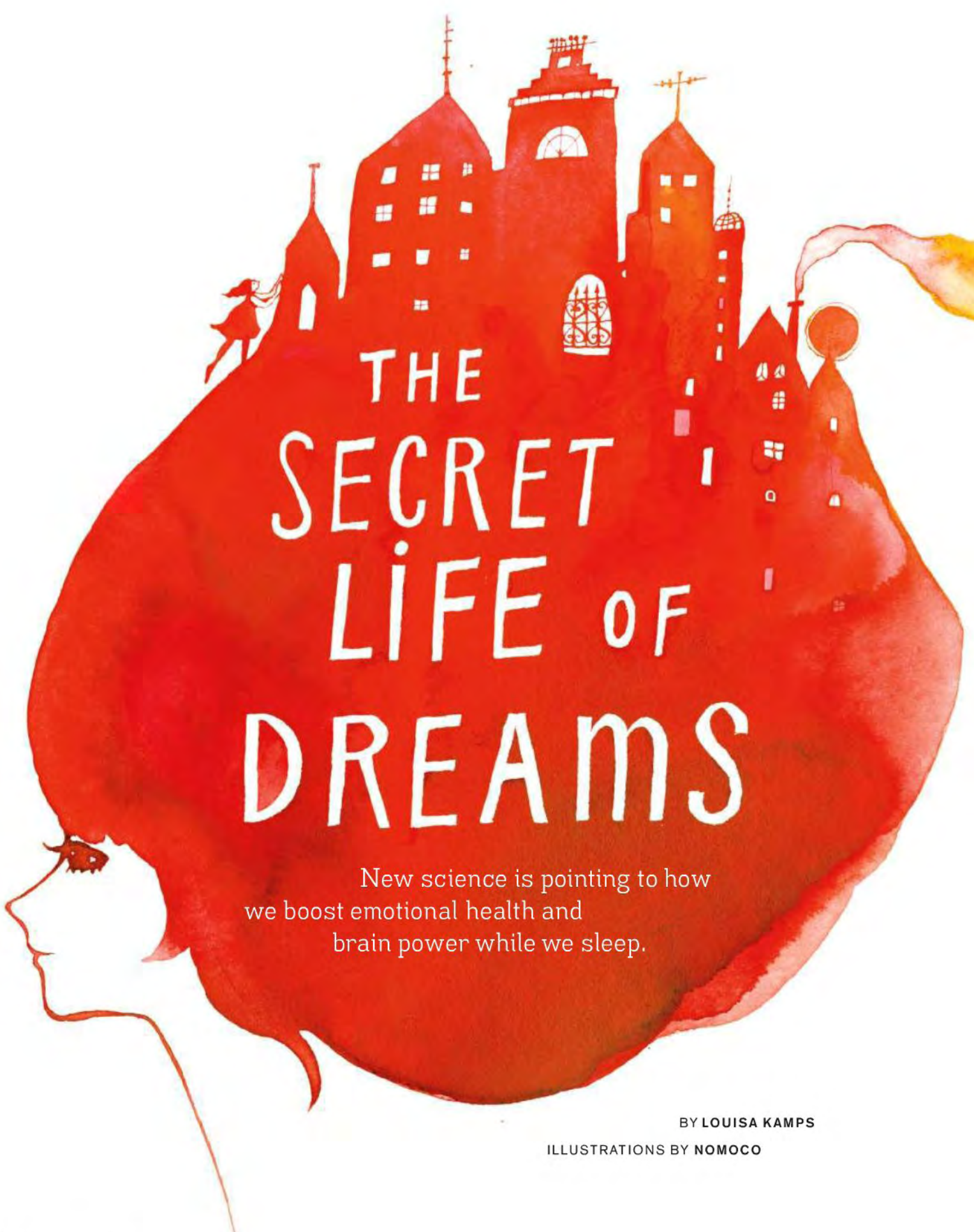
ROMANTIC

Rose and other soft florals recall petal-plucking crushes and budding love, helping to bring out romance in the everyday.



SEXY AND SEDUCTIVE

Warming to the skin, spicy scents like amber and clove wrap themselves around you—an endorphin rush in a sensual package.



THE SECRET LIFE OF DREAMS

New science is pointing to how
we boost emotional health and
brain power while we sleep.

BY LOUISA KAMPS

ILLUSTRATIONS BY NOMOCO



THERE'S A HUDDLE OF BEEFY THUGS butchering a wolf at the base of a glassy tower that I must enter. The butchers turn from their prey, snarling, to chase me, but I manage to sneak in through a secret back door. I race to the top floor, where an editor I respect hands back the tall cup I've been making smoothies in lately, pronouncing my most recent concoction bland and obvious. I'm stung but can't help noticing she's managed to choke down the last drop.

Now, what to make of a dream like that? Part of me shies from supposing it has any deep meaning. Therapeutic dream analysis has become something of a punch line in this post-Freudian age. (*So, doc, I was paddling around in a canoe when my father handed me a giant dagger...*) Then there's the theory espoused by prominent neurologists since the late 1970s: Dreams are just physiological reactions to stimuli from the nervous system as our brains rest and digest the remains of the day. Still, I can't help thinking that this wacky night theater I've created must be doing something important.

There's still so much we don't know about dreams—like what causes them in the first place—but we may soon begin to unravel the mystery. Thanks to intensified efforts to understand what causes sleep disorders and determine how we can treat them, a growing body of research has recently converged to show that dreams not only help us consolidate new learning and think more creatively, but also recover more quickly from life's emotional slings and arrows.

ANATOMY OF A DREAMSCAPE

We typically spend more than 25 percent of our sleep time in a state conducive to dream weaving. As we drift off and enter stage 1, the light phase between sleep and waking, eye movement and muscle activity begin to slow. From there we move through stages 2 and 3, progressively deeper phases in which breathing and brain waves continue getting slower. About 90 minutes in, we'll return to lighter sleep before suddenly moving into the phase known as rapid eye move-

ment, in which most dreaming occurs. We'll cycle between REM and deeper sleep three to five times during the night, each time staying longer in dream-conducive REM.

During REM sleep, some of the physical and cognitive abilities that serve us so well in waking life fall away: Our muscles go slack to keep us from acting out on our dreams; parts of the brain's prefrontal cortex responsible for decision-making become less active; the hippocampus, involved in recalling details of recent events, is less active too. At the same time, the entire midsection of the brain—the region associated with emotion, including the amygdala, which assesses threats and triggers adrenaline—lights up. And in this alternate state of consciousness, during which we're blind to the real world's distractions yet flush with vivid imagery and strong feeling, our brains are sifting through new information, searching for ways to integrate it into what we already know and lay the important parts down permanently in memory.

In a series of studies looking at dreams' impact on creative problem-solving, Sara Mednick, an assistant professor of psychiatry at the University of California, San Diego, has shown that naps including periods of REM (which we usually reach after about 50 minutes in an afternoon snooze) have significant cognitive benefits, repeatedly beating out caffeine as a secret weapon in mental performance tests. In a paper she copublished last year, Mednick described giving subjects a creativity task in which they were asked to come up with a



fourth word connected to three seemingly unrelated words. (For instance, “coin,” “quick,” and “spoon,” where “silver” is the missing link.) Subjects took a test in the morning, then rested quietly before taking another test in the evening. Those who slept but didn’t fall into REM showed no improvement on their second test. But those who did get REM sleep scored 40 percent higher on the evening test than they had in the morning. To Mednick, this suggests that dreaming—when the becalmed hippocampus slows its efforts to relay rote, “explicit” information (which is consolidated in deeper, slow-wave sleep)—is the perfect workshop for making more abstract associations between facts and ideas already established in unconscious memory. “REM allows us to take bits of information, de-emphasize the details of how we learned that information, and integrate it more into our general knowledge of how the world works,” she says.

DREAMS AS A CREATIVITY LAB

There’s evidence that creative types may find it easier to dip into the well of their dreams. In one of the largest studies on dream recall and personality traits, conducted at the University of Iowa, subjects who were inclined toward imagination and fantasy in their waking lives were much more likely to remember their dreams and to report dreams with vivid imagery. The power dreamers also scored higher in terms of “openness,”

DIRECTING OUR DREAMS

We may be able to solve our waking dilemmas by instructing ourselves to dream about them, says psychologist Deirdre Barrett: Through the process of “dream incubation,” we control the content of our dreams by preprogramming them. Simply take a few minutes before bedtime, she says, to think about a specific subject you’re mulling—a work project, an interpersonal problem, even what color to paint the living room. “I tell people to look over the problem—write it down, read it through—and think about it last thing before turning off the light, explicitly telling yourself you want to dream about it,” Barrett says. You can also put visual cues on your nightstand, she adds—for instance, a picture of whatever you’d like to dream about. Have a pad and pen

nearby so you can record the dream as soon as you wake. Since dreams are stored only in short-term memory and easily shattered by noises (such as an alarm clock) or movement, lie still for a few moments upon waking and reflect. According to Barrett, some studies have shown that if a person does anything else before writing down a dream, some or all of it is lost forever: Subjects who were instructed to dial a phone number before they wrote down their dreams remembered only a third as much as when they recorded them immediately. If you don’t remember anything as soon as you wake, “just take a moment to see if there’s one image or feeling you recall,” Barrett says. “Sometimes if you focus, a whole dream will come flooding back.”

according to researcher David Watson, who measured their inclination toward novel experiences and different perspectives.

In her book *The Committee of Sleep*, Harvard psychologist Deirdre Barrett recounts the stories of notable artists, athletes, and inventors to capture the sly beauty of dream-generated creativity. (My favorite example: In 1844, American inventor Elias Howe, puzzling over how to design sewing machine needles, reportedly woke from a dream in which he was being chased by cannibals carrying spears with holes in their pointed tips. He realized—*eureka!*—that machine needles would need holes at the front end.)

Barrett has found that 50 percent of people who tell themselves before sleep that they want to dream about a certain dilemma have dreams on their chosen subjects within one week, and that half of them find helpful new information. (The solutions aren’t necessarily as world-shaking as Howe’s. One student struggling to arrange furniture in a cramped apartment woke with a clear diagram of how to fit it all.)

Recent studies at Harvard showed that people who’d spent hours playing a virtual-reality skiing game often dreamed later about aspects of the experience with a strong emotional prick—places along the course where they’d crashed, for instance—and generally performed better on the actual game after dreaming about it. It’s not exactly news to most of us that hot emotions and vexing problems tend to dominate dreams. Believe me, I didn’t need a Ph.D. to decode the work worry in my stressful smoothie episode. But what is surprising, and to some extent vindicating to Freud, is just how emotion-



ally beneficial our woolly night hallucinations seem to be. (Though he might be disappointed to learn how few of our dreams are overtly sexual: University of Montreal researchers, surveying 3,500 dream reports, found that just 8 percent of dreams for both men and women involved sexual activity.)

KNITTING THE WORLD BACK TOGETHER

Rosalind Cartwright, professor emeritus of neuroscience at Rush University Medical College in Chicago and author of a fascinating new book, *The Twenty-four Hour Mind: The Role of Sleep and Dreaming in Our Emotional Lives*, has been studying dreams since the 1960s. While many sleep scientists were clocking nighttime brain waves, the hot project back then, Cartwright woke sleepers night after night and asked them what they were dreaming about. She found that if people who were experiencing major setbacks dreamed about their problems, they'd usually recover months faster than those who didn't. (In a long-term study of subjects who were going through divorces, dreaming about their situation helped them get their groove back. One woman who rallied quickly reported a dream in which she found herself chuckling gently at the former spouse's foibles, while another reported dressing up to attend a party—notably without her ex.)

Cartwright also observed many subjects overcoming smaller, everyday emotional troubles, simply working themselves into better moods by dreaming over the course of a single night. Cartwright found (and many studies have backed her up) that our dreams brighten toward morning, growing more vivid in feeling, color, and complexity. "We may not remember the details," she says, "but we do get that positive burst." At the end of our time asleep, the phases of REM grow longer and closer together, providing a safe space where disturbing events in our waking lives can be integrated with our older memories and experiences. If we're meeting crazy challenges at work, for instance, we might have that classic anxiety dream about missing our Spanish class. (For other common dream motifs, see "The Dream of a Common Language," on p. 117.) When we wake up, we can remind ourselves, "Oh yeah, I got out of high school,

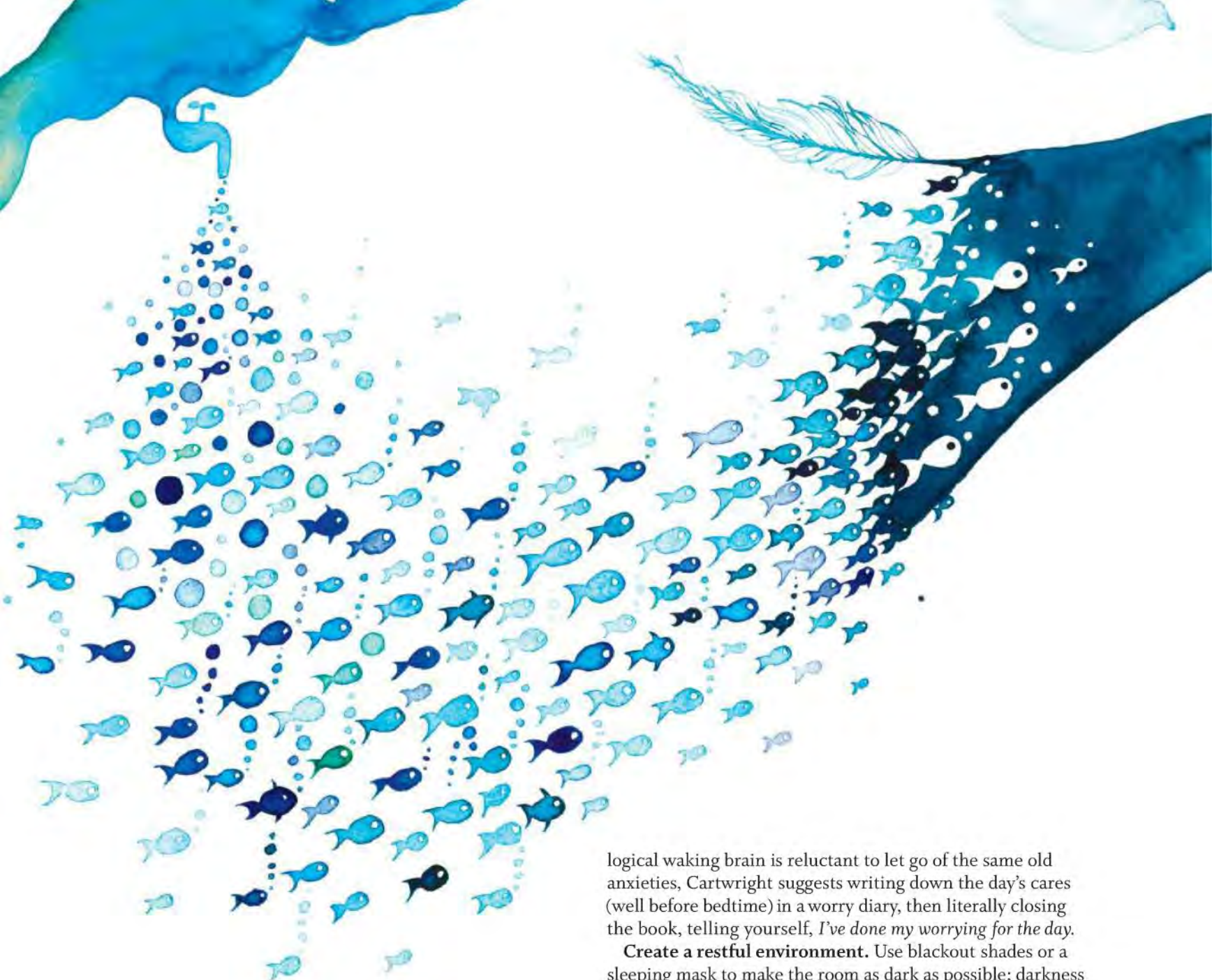
and I'm OK," Cartwright adds. "You convince yourself that you can face the problem more efficiently."

Rubin Naiman, Ph.D., a clinical psychologist and sleep specialist at the University of Arizona's Center for Integrative Medicine in Tucson, says that when we take "the vast amounts of new information we consume during the day" and process it throughout a night of solid, dream-rich sleep, it's a bit like healthy digestion: In the early hours, there's a lot of chewing and swallowing. And in the latter part of the night—in our dreams—the many new ideas we're processing begin to nourish our psyches. But when that process is disrupted, people can get stuck, he says, "hemmed in by chronic fear of taking this step or going there, so tightly wrapped around a problem that it's all they can see."

Studies have shown that depressed people who suffer insomnia have disordered sleep cycles when they finally are able to drift off. They lapse more quickly into REM—as if they're desperate to reorder their world through dreams—and get less of the deepest, restorative, slow-wave sleep.

CREATING THE SLEEP OF YOUR DREAMS

Fundamentally, dreams—like effective cognitive psychotherapy—"are about abstraction, the ability to pan back, get bigger than, stretch into the remembrance of a larger sense of self," Naiman says. And in this hard-charging, info-slurping, sleep-deprived era, in which about 70 million Americans suffer from chronic sleep disorders (and depression is also suspiciously widespread, affecting one in eight women), he and many other sleep experts are more convinced than ever of the link between mental health and a full nightly menu of sleep.



We asked the experts for their best tips to help you get restful sleep—ideally, seven to eight hours of it—that will yield all the dreams you’ve got coming to you.

Drink moderately, and mind your meds. “A glass of wine with dinner is fine,” Naiman says, but excessive alcohol will cause you to wake up after two or three hours when the sedative effects wear off; this interacts with the first significant REM cycle and disrupts sleep further from there. Also, many medications—including a number of antidepressants, over-the-counter painkillers, and even, ironically enough, sleeping pills—suppress the hormone melatonin and/or the nutrient choline, both of which mediate REM. It’s always wise, Naiman says, to ask your pharmacist before taking any medicine if it has a REM suppressant and, if it does, whether there’s an alternative.

Establish a presleep routine. Take a 20-minute soak in a hot bath two hours before bedtime, Cartwright says. The body’s effort to cool itself after the bath mimics the cooling that occurs naturally as our bodies prepare for sleep. If your

logical waking brain is reluctant to let go of the same old anxieties, Cartwright suggests writing down the day’s cares (well before bedtime) in a worry diary, then literally closing the book, telling yourself, *I’ve done my worrying for the day.*

Create a restful environment. Use blackout shades or a sleeping mask to make the room as dark as possible; darkness prompts your brain’s pineal gland to make melatonin. Also, keep your bedroom at a comfortable 60 to 65 degrees; even subtle shifts in body temperature can disrupt sleep cycles.

Put technology to work. Relaxation CDs have moved beyond ocean waves; new versions actually have frequencies embedded in the sound tracks to encourage slow-wave sleep. (Check out sound therapist Jeffrey Thompson’s sleep-enhancement collection at neuroacoustic.com.) To find out how much deep slumber you’re actually getting, Naiman recommends the Zeo Personal Sleep Coach (\$199, myzeo.com), a lightweight headband accompanied by a bedside display that monitors the length of your sleep, disruptions, and how much time you’re spending in REM and the deepest sleep.

Soothe yourself if you wake up. If you have trouble falling back to sleep, Cartwright advises adjusting your strategy depending on the time of night. If you’re waking up after only an hour or so, try some boring mental exercise: See if you can name all 50 states alphabetically, or count backward from 100, inhaling deeply and slowly, then exhaling with each number. Woodson Merrell, M.D., chairman of the



THE DREAM OF A COMMON LANGUAGE

Every dream is a dense weave of images, emotions, and characters spun from the dreamer's experience, says Kelly Bulkeley, Ph.D., a visiting scholar at the Graduate Theological Union in Berkeley, California. Still, he's continually moved by our cross-cultural tendencies to dream along the same central plotlines, particularly during times of stress and major life change. "Dreams are a powerful means of understanding human experience," he says.

Here are some archetypal dream themes, according to Patricia Garfield, Ph.D., author of *The Universal Dream Key*.

+ BEING CHASED Typically occurs when the dreamer's coping with a life-threatening situation, such as illness or natural disaster, or smaller problems, such as strife with a family member.

+ FLYING The symbolic opposite of dreams about falling (helplessness) or standing on the edge of a cliff (endangerment), a flying dream is about moving closer to a waking goal and often, Garfield says, "reaching for spirituality."

+ WATER When we dream of sinking, we may feel we're losing our grip on goals or support systems, or "going under." When we're swimming placidly, we're feeling buoyantly supported in waking life.

+ PUBLIC NUDDITY Suggests insecurity, especially about a particular body part that's revealed; inappropriate clothes point to feelings of conflict about one's role or status in a particular situation.

+ TEETH, BEAKS, AND CLAWS Typically signal some kind of anger (the dreamer's own or that of another person).

+ DISCOVERING NEW SPACES, AT HOME OR SOMEWHERE ELSE FAMILIAR TO YOU The ur-1970s feminist dream (still common among women and men), this often means the dreamer's waking life is expanding, broadening into new possibilities.

Department of Integrative Medicine at Beth Israel Medical Center in New York City, advises trying to remember the dream you were having when you woke up—even if you can recall only a detail or two—and focusing on it to see if you can drift off again. If it's close to your usual wake-up time—say it's 5 a.m. and you usually wake at 7—your core body temperature will just be starting to rise to get you active for tomorrow, which may make it hard to go back to sleep, Cartwright says. "The best thing is to take a positive attitude and don't say to yourself, *I'm going to be draggy all day*," she advises. "Instead say, *Great, I have two more hours to rest!*"

Let go. "People with insomnia are hyperaroused—pushing, pushing," Naiman says. "We're all working so frantically to get a chance to rest. But the paradox is that rest is free." And, he adds, the great beauty of dreaming—in which "parts of ourselves that recede during waking life" roam freely and creatively—is that "you don't have to force it to happen. It's just there for you when you stop."

LOUISA KAMPS is a contributing writer for Elle and lives in Madison, Wisconsin, with her family.



BACK

How powerful treatments for
chronic back pain yield

TO

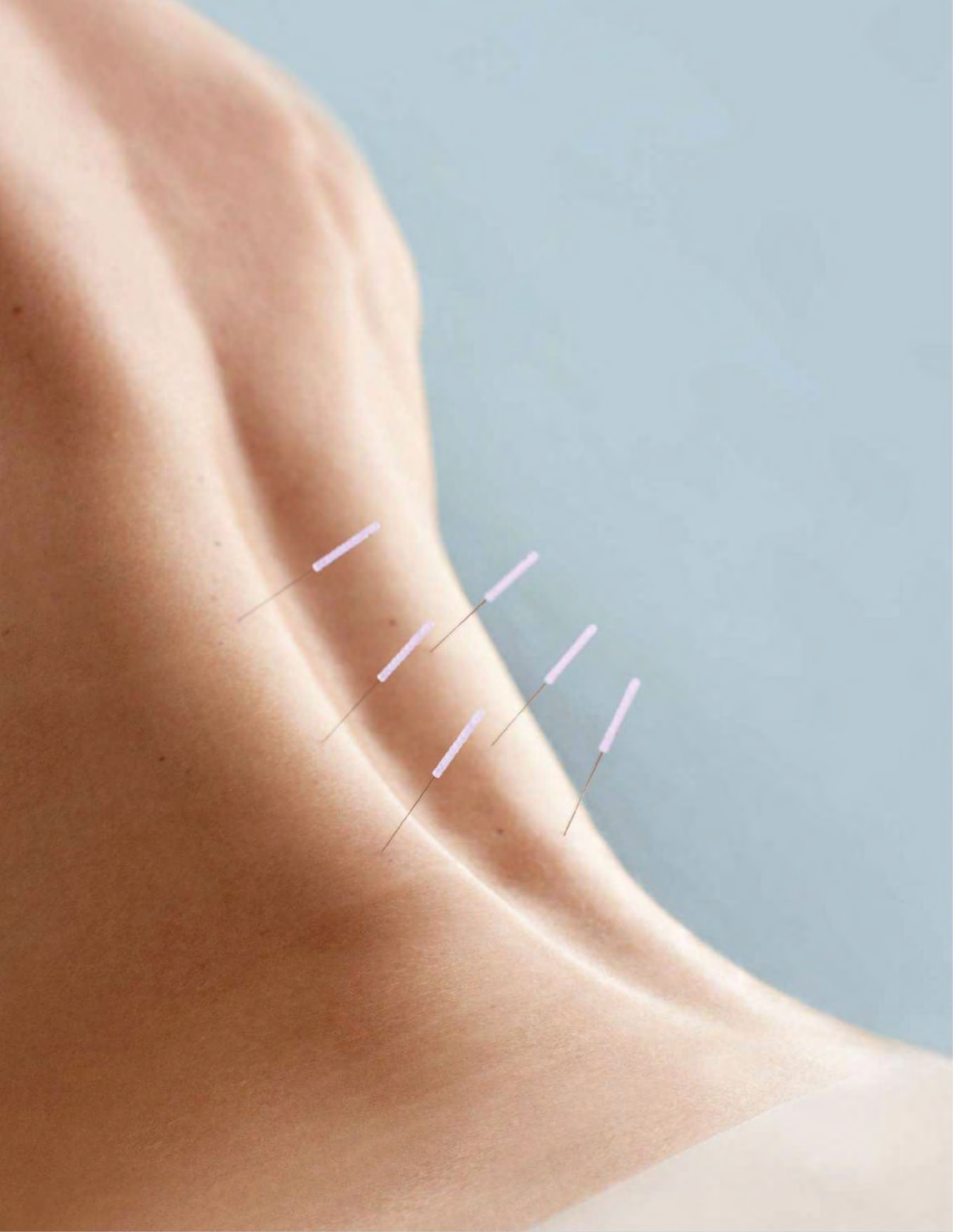
compelling evidence for the link
between mind and body.

HEALTH

THE SPINE IS ESSENTIAL to the way we stand and move, yet it causes so many of us to suffer. By some estimates, at any given moment, 20 percent of the American population is experiencing some degree of lower-back discomfort; over the course of a lifetime eight out of 10 of us will have been laid low with at least one bout of back pain. And the fix isn't usually as easy as a quick operation or a round of meds. Part of the problem is that in 85 percent of cases, doctors have no idea what actually causes the pain, according to a 2001 *New England Journal of Medicine* report. In the absence of a fail-safe medical or surgical solution to routine back pain, scores of alternative therapies have come to the fore. Curious mainstream researchers have set out to discover just how well they work, and at a more fundamental level, *how* they work. For doctors like Nathaniel Tindel, a spine surgeon at Lenox Hill Hospital in New York City, if a patient has excruciating back pain and alternative therapies may help, he asks, "Why not use them?"

BY JOSEPH HOOPER PHOTOGRAPHY BY CHRISTIAN WITKIN





HANDS-ON TREATMENTS

The intense sensation of someone working on your back while you rest on a table can be the most palpable proof that something good and healing is going on. For some back pain sufferers, the nurturing comfort of human contact is as therapeutic as the treatment itself.

CHIROPRACTIC Founded in the 1890s, chiropractic labored under the disadvantage that its foundational theory—that a misaligned spine is the root of most medical problems—couldn't be scientifically proven. But after scorning it for more than a century, medical science has gotten wise to the fact that chiropractic manipulations can be an effective treatment for joint pain, especially chronic back pain. In a landmark 2007 article, the American Pain Society and the American Society of Physicians reviewed the recent research and recommended spinal manipulation for acute low back pain that persists longer than a month. A new generation of chiropractors is trying to figure out exactly how sharply twisting the spinal column can reduce back pain. One current theory, explains Partap Khalsa, Ph.D., a chiropractor and biomedical research scientist, is that introducing a jolt of movement to the spine stimulates neurons in the surrounding tissues, sending a message up the spinal cord to the brain and ultimately resulting in pain reduction.

Search for a practitioner at: acatoday.org

ACUPUNCTURE In one of the biggest and most ambitious studies of its kind, published in 2009 in the *Archives of Internal Medicine*, acupuncture was found to improve back pain more than standard care that relied on medication and physical therapy. The catch: It didn't seem to matter what form of acupuncture was used. Even so-called simulated acupuncture—a toothpick in a tube that never penetrated the skin—delivered results that rivaled the Traditional Chinese Medicine version. The study raises the possibility, Khalsa says, that acupuncture works because the therapeutic intervention may stimulate the release of feel-good endorphin neurochemicals—involving a placebo (or “nonspecific”) effect.

Find a practitioner: medicalacupuncture.org

TRIGGER POINT THERAPIES Pioneered by Janet Travell, M.D., served as a personal physician to Presidents Kennedy and Johnson, trigger point therapy evolved in a few directions, including hands-on therapy, most often used by massage therapists, and needling therapy, used by M.D.'s and musculoskeletal specialists. Both styles zero in on myofascial trigger points—hard, tender knots of muscle. The manual therapist finds the knots by touch and typically presses down on them hard for about 10 seconds with the thumbs, causing the muscles to release and the pain to lessen or disappear. With needling, the practitioner finds the knots the same way but lightly taps them with a thin needle (with or without an anesthetic), causing the contracted muscle fibers to twitch rapidly. For reasons thought to relate to the communication between the muscle fibers and the nervous system, it delivers a therapeutic punch. “If you hit the right spot,” says Jay P. Shah, M.D., a leading physiatrist at the National Institute of Health, “you feel an immediate softening of that muscle and the patient experiences a reduction in pain.” There aren't clear studies that show how it works, but Shah's research has proved trigger points are visible with ultrasound technology and that pain-enhancing biochemicals build up around them.

For more information: amtamassage.org

ART Active Release Techniques (ART), one of the most popular forms of targeted or therapeutic massage, was developed by Colorado sports chiropractor P. Michael Leahy, who brought his approach to elite athletes. Working by feel, an ART therapist finds areas of tense, contracted tissue, guides the patient to move her body in a way that puts the area under maximum muscular tension (that's the active part), then bears down with the thumbs. Both ART and trigger point therapy effect a muscular release, but ART explains the therapeutic result at the level of the damaged tissue itself. The theory, not yet lab tested, is that the precisely directed thumb pressure helps break up microscopic scar tissue that impedes the smooth movement of muscle fibers and can free peripheral nerves that get trapped between stuck muscles.

A list of ART providers: activerelease.com

NEEDLE WORK

In a typical acupuncture treatment, a practitioner inserts thin, hollow needles into points on invisible paths called meridians. Your life force, or *chi*, flows along these paths; the needles correct *chi* imbalances and may improve back pain by boosting endorphins.

MIND-BODY TECHNIQUES

These methods are all about self-reliance: While a teacher guides you at the beginning, once you're comfortable with them, they'll be at your disposal. You can do the work yourself anytime without relying on a therapist.

ALEXANDER TECHNIQUE Somatic education therapies like Alexander are about how to skillfully move the body through life while putting as little stress as possible on the muscles and joints. The single biggest question that Alexander Technique teachers investigate with their students is how best to balance the head. "We always start with the relationship of the head to the neck," says Jessica Wolf, a veteran Alexander teacher who runs the Art of Breathing studio in New York City. If the head isn't properly balanced, the cervical spine will compress, sending unhappiness down to the lumbar spine and the hips, all the way to the feet. "Look for ease and balance" is an instruction you may hear often in an Alexander class. A large, randomized controlled study, published in the UK in 2008, vouched for its effectiveness in reducing back pain in almost 600 sufferers. "This was a pretty strong shot in the arm in terms of, Hey, here's something else that could be effective," Khalsa says.

To find a teacher: alexandertech.com

FELDENKRAIS METHOD Similar to the Alexander Technique, Feldenkrais has the overarching goal of bringing awareness to bear on everyday movement, erasing years of bad habits born of injury, ergonomically challenged work environments, and psychological distress. Moshe Feldenkrais and his disciples developed more than a thousand exercises, all emphasizing slow, small, gentle movements covering the range of human motion. "With chronic back pain, the problem is often not the back but the way the whole body is organized to move," says David Zemach-Bersin, director of New York City's Feldenkrais Institute. "If we help that, the symptoms will improve or disappear." According to Feldenkrais theory, when the student performs an exercise, she introduces her nervous system to this more efficient motion for use in daily life—for instance, how best to turn the head to one side or how to stand without overstressing certain back muscles. "We create the conditions for learning," Zemach-Bersin says. You and your nervous system do the rest. The method has been researched but is not yet supported by any major controlled studies.

For information: feldenkrais.com

THERAPEUTIC YOGA At least six well-controlled studies have found that yoga eases back pain; one from an Indian team, published two years ago in *The Journal of Alternative and Complementary Medicine*, found yoga to be more effective than standard physical therapy—style stretching and strengthening exercises. According to Lindsey Clennell, a yoga instructor and private yoga therapist in New York City, the physical benefits of guiding people into poses are real, but ultimately he sees himself as attending to the emotional stress that is kept locked in his students' bodies. "It's just more direct and easier to work at on the physiological level."

Look for a yoga therapist at: iayt.org

MINDFULNESS-BASED STRESS REDUCTION The point of MBSR is to get people to be present with their pain, whether it's physical or emotional, explains Melissa Blacker, associate director of the Stress Reduction Program at the University of Massachusetts Medical School's Center for Mindfulness in Medicine, Health Care, and Society in Worcester. "By being aware of the pain and not trying to fix it, the extra stuff—the pain of not wanting the pain to be there—disappears," she says. In a series of large-scale studies published in the 1980s, the program's founder, Jon Kabat-Zinn, Ph.D., discovered that chronic-pain sufferers coped better emotionally with their pain after the MBSR course, but interestingly, the intensity of the sensation itself was unchanged. In 2007, however, researchers from the University of Montreal looked at a small group of longtime Zen meditators and found they were less sensitive to pain than a matched group of nonmeditators. This year the same lead author published another study that looked at MRI scans of meditators and found they had thicker brain tissues in the region of the cortex involved in the processing of pain.

Check the Web site: umassmed.edu/cfm

JOSEPH HOOPER is the coauthor of *Muscle Medicine: The Revolutionary Approach to Maintaining, Strengthening and Repairing Your Muscles and Joints* (Fireside).

3 GREAT EXERCISES FOR A HEALTHY BACK

Strong back muscles can help prevent back pain, says Toni McGinley, a physical therapist in New York City. They support the positioning of the spine, absorb the stress of movement, and ease pressure on the spine itself. The exercises below are designed to help you stand tall.

PELVIC TILTS

Lie on your back and tighten your abs. (Imagine bringing your belly button to your spine.) Lift your butt until your body is in a straight line. Do 3 sets of 10 reps. Work up to 20 reps.

PELVIC FLOOR STRENGTHENING

(A) Lie on your back with both hands on your thighs. Inhale. On the exhale, push hands into thighs. Hold for 5 seconds and repeat 5 times. (B) Crossing your arms, place hands on opposite thighs. Inhale. On the exhale, push hands into thighs for 5 seconds and repeat 5 times. Repeat full sequence.

HIP EXTERNAL ROTATION

Lie on your side with your back against a wall, both knees bent. Lift the knee of the top leg while the heel presses into the wall. Return to the starting position. Do 3 sets of 10 reps. Repeat on the opposite side.



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in balance

UNCOMMON WISDOM FROM EXTRAORDINARY MINDS

ECONUNDRUMS

WOOLGATHERING


The author of *Do One Green Thing* solves our green dilemmas.

BY MINDY PENNYBACKER

Q How can I find knitting wool that's processed and dyed in environmentally sound ways?

A A certified humane or USDA organic raw wool label means the sheep were raised sustainably and humanely, but it doesn't cover the processing of the wool. If the yarn itself is labeled GOTS (Global Organic Textile Standard), then it was processed with low-impact chemicals. Look for one of three types of dyes: Oeko-Tex certified are free of lead; fiber-reactive won't run off in wastewater; and cold patch dyes use less energy, water, and chemicals. Purchase organic yarns from O-wool (o-wool.com) or the Green Mountain Spinnery (spinnery.com), or find local shops through knitmap.com.

▶▶ CONTINUED ON P. 126

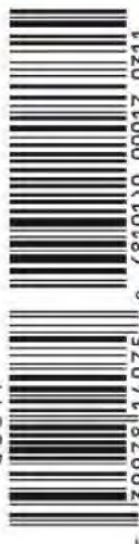
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►► ECONUNDRUMS, CONTINUED FROM P. 125

Q Is there a natural way to clean your oven?

A Conventional oven cleaner and other degreasers are among the most toxic household products around, according to the Washington Toxics Coalition. I never use anything but a homemade paste: Mix 2 cups baking soda, 1 cup washing soda (found in laundry aisles), 1 teaspoon dish soap, and 1 tablespoon white vinegar.

(You can thin it with a bit of water if necessary.) Wearing gloves—I prefer heavy cotton to plastic—scour the oven's interior with a scrubber, rag, and hot water to remove crust that hasn't yet stuck solid. Apply thickly to all sides of the oven and leave overnight. In the morning, put gloves on and scrub, wiping with a wet cloth until all traces are gone.



APPLIED MINDFULNESS Sincerely Yours

Writing a letter slows us down enough to remember what communication really feels like. When we read our thoughts on paper, we see ourselves not just from our habitual subjective perspective but also from the outside. Psychologists call this “reflective functioning”: It gives us the capacity both to feel an experience and to make sense of it.

BY ANDREW PETERSON

Choose a message and a recipient. Write someone with a message you need to communicate anyway, or for no reason at all. You can also write a letter you'll never send: Say everything you feel, especially the things you know you would later regret.

Or write a letter to someone who can't read it. When our first son turned one, my wife wrote him a letter describing who he was and who we were at that moment. He's 13 now, and when she reads him the letter, he listens raptly; she and I are in tears. You could also write to someone who has gone out of your life—someone who's hurt you or whom you've hurt, or someone you still long for.

Do a mental rough draft. Figure out the most concise, elegant way to say it.

Write it down. Can you feel the scrape of your pen against the paper? That's friction. Let that sensation blossom into a feeling of frustration. (*It doesn't have to take this long.*) Then see if you can transform that frustration. Can you experience it not as an impediment but as a feeling of heightened anticipation?

Seal the deal. Reread your letter and put it in an envelope. Address the envelope and include the return address. Do this all by hand—no labels allowed!

Wait. If you'll be sending it, think about the small thrill you still get when you receive a personal letter in the mail. Know that you are giving this to someone else.

ANDREW PETERSON is a psychotherapist and the author of *The Next Ten Minutes: 51 Absurdly Simple Ways to Seize the Moment* © 2010 Atria Books/Beyond Words, from which this excerpt is adapted.

CAREER PATH NETWORK NEWS

True networking isn't about agendas and air kisses. It's about connection. As we enter this highly social season of parties and get-togethers, here's how to work your interpersonal magic.
BY MAGGIE MISTAL

1 THINK BEFORE YOU GO Clarify your goals before attending a networking event. What's standing in the way of those goals, and how can someone help?

2 USE CARDS WISELY Don't toss yours around like a poker dealer. Share it at the end of a conversation. When you receive a card, really look at it (and later, make a note on it of where you met and what you discussed). You want to stay in touch with people, not collect them.

3 SKIP THE MASS E-MAIL I recently got a message from a contact on LinkedIn asking everyone in his circle to forward any opportunities in his areas of expertise. That's like yelling "Call 911!" into a crowd—there's no accountability. Make your requests specific and personal. (And don't forget to ask about that person before launching into what you need.)

4 NAME-DROP WITH CARE Have someone in common and want to mention it? Proceed with caution. Be honest from the get-go. Don't overstate a relationship with someone and risk jeopardizing social capital later (as when you claim to be tight with a person you know only peripherally). Even better, ask the friend or acquaintance for an introduction, so that you make the right impression from the start.

5 FOLLOW THROUGH One of the best networkers I know always does what she says she's going to. If she mentions an article of interest, she e-mails it later that day. If she knows someone who can be of help, she makes a personal introduction within a week. It sets her apart as a valued contact.

MAGGIE MISTAL is a career coach and the host of Making a Living with Maggie on Sirius/XM Radio.




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INSIGHT ROUNDTABLE

Constant Contact

Do you spend more time Facebooking than face-to-face? Three experts weigh in on the webification of our relationships.



Q

"COULD I BE MISTAKING INTERNET CONNECTION FOR REAL CONNECTION?"

A SOCIAL PSYCHOLOGIST RESPONDS

There are two schools of thought on this. One is that technology has more negative effects because it pulls us away from more rewarding real-world relationships. But there's evidence that it has other beneficial effects, such as giving people the opportunity to seek out emotional support, particularly if they're isolated.

Connecting online is very low effort. The concern is that the ease of mediated interaction may make people lazy, and thus less likely to seek out real-life interactions. Research has found that in-person visits and calls tend to prompt more contact and in turn make you more likely to be in touch (e-mails alone have not been shown to increase face-to-face visits). Based on my research, I believe that an overreliance on online connecting may

cause other skills to suffer, such as teamwork, leadership, public speaking, and negotiation.

MELANIE GREEN, Ph.D., is an assistant professor of psychology at the University of North Carolina, Chapel Hill.

A recent study showed us that the way you use the Internet matters. For instance, there are people who use Facebook to keep others at a distance (connected but not really connecting), and those who consider it just another tool in their social repertoire to facilitate their off-line lives. The problems arise when

you think online connecting is enough in and of itself, rather than a springboard for real flesh-and-blood connection. Of course, not all online connections are the same. Some may be more superficial and others, more intimate. Because of the potential for anonymity and distance, it's easier to deceive people online (and people tend to be more suspicious of those they meet there). However, once we form a relationship, we can use technology to develop deep levels of trust and share thoughts and feelings in ways that go beyond what we might do in person (which one researcher has termed "hyperpersonal" relationships).

Connecting via technology can make you feel you've satisfied that need to belong. But the bottom line is that it does not necessarily have the same benefits of emotional support and social connection that interpersonal experiences do. So just make sure it's not the only way you connect with people. A little more effort can have a much bigger payoff.



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AN AUTHOR RESPONDS

My sister gave me my first computer on my 44th birthday, in May 2000. At the time I tipped the scales at 703 pounds and had rarely left my apartment in 12 years. With the exception of a few visitors, I was very isolated, depressed, and starved for communication. I didn't think much of technology. I didn't even have a cell phone. I said to her, "What am I supposed to do with this? Where do I even put it?"

That computer changed my life. Something happens to your psyche when you've been isolated as long as I was. I had been

NANCY MAKIN is the author of *703: How I Lost More Than a Quarter Ton and Gained a Life*.

rebuffed every time I'd gone out in public, so I was scared to enter the online world. But I did. I started logging on to political chat

rooms and sharing my thoughts—and people began responding to me. They even laughed at my jokes! It was shocking. The anonymity of the Internet allowed people to see my inner beauty when I knew my physical presence would have revolted them.

Once I got a taste of that—the interaction, the dialogues, the fun—there was no stopping me. I felt good when I woke up in the morning to an in-box full of e-mails from people all over the world. I was making friends—real friends. My spirit was so full that I no longer obsessed over food. And the weight just started to fall off. I wasn't even aware of it at first.

Soon the off-line world opened up to me, and I started going out more—to a friend's home for dinner or to a park with my grandchildren. And the more I engaged with family and friends, the less I relied on my online persona.

I now use the Web to connect with and support people from all over. It's helped me take the focus off my own problems and refill my spirit by giving.

There's no substitute for human interaction and real personal touch, but technology can serve as a conduit for living your best life. I see it as a transition back to my own real life, not a replacement.

A BLOGGER RESPONDS

Technology doesn't push us apart. When used correctly, it brings us together in completely new ways. Social technologies create a wormhole of communication, making location and time irrelevant as we form bonds across the Web. Take my friend Maria, for instance. We met on Twitter and connected over our passion for obscure art. Now we send each other things like Japanese subway posters from the 1940s. She lives in Romania, but I share more with her than I do with most of my neighbors. Is that wrong? Absolutely not. It's a human connection; it just happens to take the form of bytes instead of bits. The Web allows you to connect with lots of

NICK BILTON is the *New York Times* Bits Blogger and author of *I Live In the Future & Here's How It Works*.

like-minded people, no matter where they are.

Like the new generation coming of age online, I've been using

computers since I was 4 and have been on the Internet almost as long—and I'm a normal, functioning person. The digital generation, myself included, is much more adept at fostering bonds with people online than those who look at the Web with a circumspect phobia. We don't see a difference between one form of media and another. The message, not the tool, is what matters.

As far as etiquette goes, I follow this guideline: If it's OK for the people I'm with, then it's OK with me. Follow the same rules you'd use with a book: It's one thing to take it out if you're discussing it, but rude to just start reading one during dinner. And bear in mind that technology is just a medium and has nothing to do with the quality of relationships. We can't blame bad connections on technology alone—we still need to take responsibility for nurturing and supporting the kinds of relationships we want in our lives.

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5 WAYS TO REIGNITE YOUR CREATIVITY

To pen your novel, start your crafting project, or dream up a new business, you need to foster an environment that supports fresh, innovative thinking. Here's how to set your creativity aflame.
BY SHELLEY CARSON, PH.D.

Get exposed. Go to concerts, visit art galleries and museums, read widely, attend lectures and the theater. The more creative excellence you experience, the better your own work will be.

Soak up some natural beauty. Being outdoors can contribute to the upswing in mood that generates creativity. Bring rocks, flowers, and plants into your workspace to sustain your connection to the world outside.

Keep good company. Surround yourself with other creative thinkers and share ideas. This will not only inspire you, but let you cross-fertilize too. Join an art society or an amateur theater or writers group. And if you can't find one, start one yourself.

Model creative behavior. Let your children see you reading, painting, or studying, and include them in outings to see others'



work. Encourage out-of-the-box thinking, rather than focusing on doing things "right."

Spend some time alone. Creative ideas often occur during moments of solitude. Build in some time each day to mull over the connections between things that happen, the people you know. Arrange the pieces of your daily life into a meaningful mosaic.

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BEST/WORST ADVICE I EVER GOT

Matthieu Ricard, Buddhist monk and author of *Why Meditate?* (Hay House, 2010)

THE BEST "Once, as I was about to begin a contemplative retreat, I asked His Holiness the Dalai Lama for advice, and he said, 'In the beginning meditate on compassion, in the middle meditate on compassion, in the end meditate on compassion.'"

THE WORST "I can't remember any really bad advice. I guess I was lucky enough to live near people imbued with wisdom and kindness. Or it is quite possible that I heard some bad pieces of advice, but paid so little attention to them that I did not keep them in my memory!"

FOUND IN TRANSLATION

Lagom (LAH-gom) *adv. or adj.* Swedish: "Perfectly in balance: not too much, not too little."

product guide

SEEING DOUBLE

We tried two cover images this month. Which makes you feel more peaceful? Let us know at mail@wholeliving.com



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Items pictured but not listed are from private collections.

TOP COVER: Vance Kitira Timber votives in pale yellow and cranberry; vancekitira.com.

BOTTOM COVER: Alo deep-scoop tank in red; \$28; alo.com. Thriv RockRoll shorts in gray; \$29; thrivin.com.

10 OPENINGS

Stewart & Brown cashmere cardigan in purple, \$428, and long-sleeve T-shirt in gray, \$72; stewartbrown.com. Loomstate Revelation jeans in cimmericia, \$148; loomstate.org. Alex and Ani NYC token necklace, \$48, and assorted expandable wire bangles, from \$21; alexandani.com.

28 BETTER SWEATERS

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60 STAY STRONG

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106 SCENTS & SENSIBILITY

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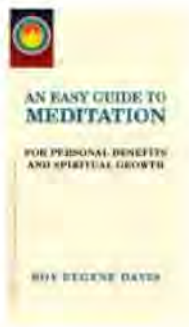
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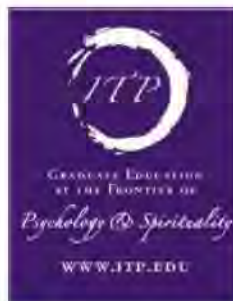
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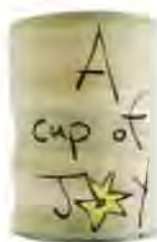
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the whole truth



MALLIKA CHOPRA

The daughter of Deepak, mother of Tara, 8, and Leela, 6, and founder of Intent.com—an online community for turning your intentions into actions—believes that stories have the power to inspire, motivate, and change.

IF I COULD SAY ONE THING TO MYSELF 20 YEARS AGO ...

Remember that failure brings new perspective and opportunity. Try not to stress so much when things are tough.

IN EIGHTH GRADE YOU WOULD HAVE FOUND ME ...

Listening to a Prince record and reading the lyrics.

ONE THING I HAVE IN MY BATHROOM CABINET THAT MIGHT SURPRISE YOU ... The lack of makeup, creams, soaps. I just use water, deodorant, and toothpaste!

MY FAVORITE PLACE IN THE WORLD ... Cuddling in bed with my daughters before bedtime.

THE MOVIE I WATCH WHEN I WANT TO LAUGH ... *Strictly Ballroom*.

THE MOST SCARED I'VE EVER BEEN ... Awaiting blood test results for my younger daughter.

NO ONE KNOWS ... I am obsessed with playing computer games.

BOOK THAT CHANGED MY LIFE ... *The Giving Tree* by Shel Silverstein.

COFFEE OR TEA ... Actually, both. A cappuccino and several teas a day!

MY DAD ALWAYS TOLD ME ... Don't take life too seriously.

MY MOM WAS RIGHT ABOUT ... Everything.

WHAT KEEPS ME UP AT NIGHT ... Inability to do enough about the unnecessary suffering we see all around us.

I ALWAYS FEEL SANER WHEN I ... Have time to meditate, exercise, and eat well. Sadly, this rarely happens.

I'M CURRENTLY READING ... *Infidel*, by Ayaan Hirsi Ali.

MY FAVORITE ITEM OF CLOTHING IS ... My old, ragged, gray sweat-shirt from 15-plus years ago. My husband is begging me to throw it away.

A SONG I CAN HEAR A ZILLION TIMES AND NEVER GET SICK OF ... My daughter singing *Man in the Mirror* by Michael Jackson.

ONE SIMPLE ACTION WE COULD ALL TAKE ... Set the intention to make someone else happy—and cause a ripple effect for positive change in our world.

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